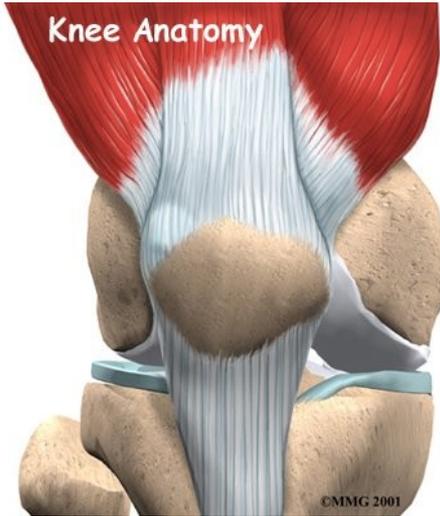


Introduction to Knee

Physical Therapy in Canton for Knee

Welcome to BodyFit Physical Therapy's patient resource about knee problems.



The knee is a sensitive area of the body and one that can be injured doing almost any activity. The knee is normally exposed and vulnerable and a simple twist can lead to a serious injury as well as ongoing problems and a long recovery time. Therefore, whether your sport is rugby or racquetball, bowling or badminton, you cannot take chances with this body part.

This section of our site has everything you need to know about preventing or correcting a knee injury. It is our goal to provide you with resources, exercises and other knee related information that will allow you to learn about how easily this sensitive area can be injured.

When you take the necessary steps in preventing an injury, you will enjoy your chosen sport more and avoid Physical Therapy and other painful and time consuming tasks that come with nursing a knee injury.

Click on one of the links below to learn more:

[Knee Anatomy](#)

[Knee Issues](#)

[Knee Surgery](#)

[FAQs](#)

BodyFit Physical Therapy provides services for Physical Therapy in Canton.

Hear from some of our patients who we treated for **Knee Pain**



“ Cindy was awesome! She listened to what I was saying, we determined where my "problem" spots were and she walked me through the correct way to stretch my body to help with these areas. I didn't have a... ”
“ Cindy was awesome! She listened to what I was saying, we determined where my "problem" spots were and she walked me through the correct way to stretch my body to help with these areas. I didn't have a specific injury but wanted to help my body be able to recover better from my longer runs. She is very thorough and a great resource for so many things. I highly recommend sessions with Cindy!!! ”

Lauren M
Canton, CT

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“ Working with Cindy has shown immediate results not just in my golf game but in my overall physical health. She immediately attended to a knee issue that I was experiencing and then we moved into... ”
“ Working with Cindy has shown immediate results not just in my golf game but in my overall physical health. She immediately attended to a knee issue that I was experiencing and then we moved into mobility and strengthening. This translated to more confidence in my golf game as well as overall improvement in my daily routine. For anyone looking to take their golf game to the next level, and improve their overall health, Cindy and her team are the way to go! ”

Joe S
Submitted on website directly

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“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldn't say... ”
“ I have had such a great experience with Cindy. She is kind, easy to talk to and extremely knowledgeable in her field. She goes out of her way to do whatever she can to help you. I couldn't say enough about her. I would recommend her to anyone. She is outstanding! ”

Carrie
Submitted on website directly

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