



Returning Patients to the Speed of Life

Physical & Hand Therapy

Centralized Scheduling

Phone (913) 384-1642 or (816) 554-9559 • Fax (913) 384-0558

www.serctherapy.com

SPRING 2010

SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries/disorders

OUR CLINICS

- Belton
- Blue Ridge Tower
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

In the Clinic: Knee Joint Pain



When one or more of the surfaces is disrupted, pain and decreased function can occur. The most common cause of knee pain is arthritis, or the breakdown of the articular cartilage.

Knee pain and injuries can be managed with conservative treatments, such as physical therapy and physician recommended medication.

You may not know it, but the knee joint is the largest joint in the body, comprised of three bones. The surfaces where these bones join together are covered with articular cartilage, which creates a smooth surface on which they can move.

Physical Therapy may be right for you if you are experiencing any of these symptoms:

- Inability to straighten or bend your knee
- Pain that limits your daily activity and your ability to walk without assistive devices

- Inability to find relief with rest

If surgery is required to repair your knee, your doctor may order outpatient physical therapy services.

Working one-on-one with a physical therapist, you can gain range of motion and restore strength in preparation for a return to home, recreational and work activities.

In addition, your physical therapist should help you establish goals and cater an exercise program to fit your lifestyle.

With the help of a skilled physical therapist, you can return to the activities you enjoy.

Meet the Staff: Bob Mitchell, PT

Bob Mitchell is a physical therapist at SERC's Riverside and Metro North locations. He is a graduate of Rockhurst University. Bob has been a physical

therapist in the Kansas City Metro area for 23 years, and has worked for SERC since our offices first opened in 1997. He specializes in work-

related injuries and Functional Capacity Evaluations. In his spare time, Bob enjoys fishing and spending time with his children.