



*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](http://www.serctherapy.com)

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## 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: Addressing Knee Pain



If you are a runner, at some point, you may have experienced knee pain. That pain can be caused by a number of factors, including:

- Muscle imbalance
- Muscle-tendon inflexibility
- Change in running surface
- Improper foot wear
- Anatomical abnormalities

Sometimes this pain is easy to identify, while other times it is not as obvious. Signs that your pain may be the result of an injury include:

- Pain/tenderness on the lateral (outside) of the knee
- Stiffness
- Pain with running, especially hills, which will decrease with walking
- pain along the outside of the thigh or hip
- History of "crepitus" (grinding) in the knee
- Sudden "giving way" or buckling
- Pain while climbing and descending stairs, squatting, or sitting for long periods of time

If you have been living with knee pain for a long

time, you may think that there is nothing you can do about it. However, consider how physical therapy can help:

- Activity modification and ice to decrease pain/inflammation
- Taping/bracing to unload irritated soft tissues
- Strengthening
- Stretching of relevant tight soft tissues
- Correction of abnormal biomechanics
- Proprioceptive training
- Sport-specific training

You don't have to live with the pain. With the help of a skilled physical therapist, you can decrease your pain and return to the activities you enjoy.

## Meet the Staff: Johncy DuFresne, PT

Johncy DuFresne has been a physical therapist for 16 years, four and half of those with SERC of Riverside. She did both her undergraduate and graduate work at the University

of Kansas. Johncy likes to work with patients, using Myofascial Release, as well as patients with TMJ, and orthopedic cases. She says, "I feel privileged to work for a company that

really cares about the patients and the people that work for them." In her free time, Johncy enjoys yoga, running, sewing and quilting.