

SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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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 and disorders

CLINICS

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

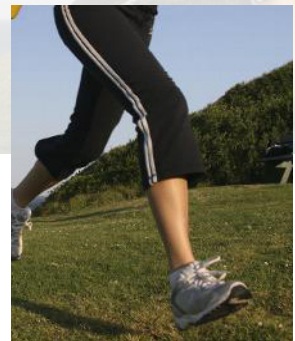
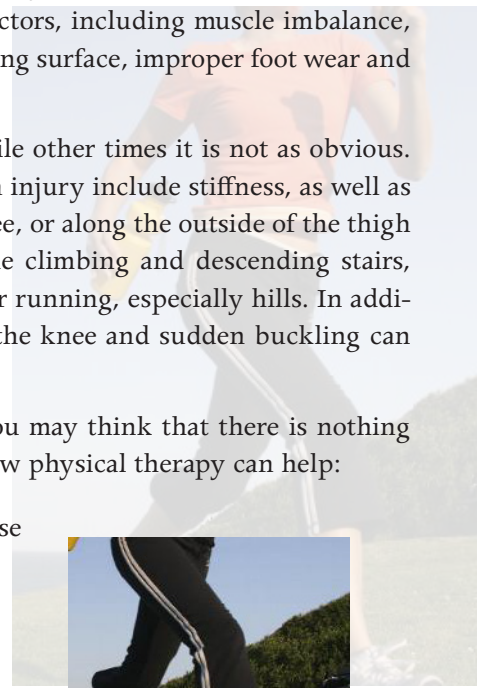
IN THE CLINIC | Running Injuries

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 and 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 stiffness, as well as pain or tenderness on the outside of the knee, or along the outside of the thigh or hip. You may also experience pain while climbing and descending stairs, squatting, sitting for long periods of time or running, especially hills. In addition, a history of crepitus, or grinding, in the knee and sudden buckling can be signs of an injury.

If you have been living with knee pain, 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 and inflammation
- » Taping 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

Robyn Stone, PT

Robyn Stone is a physical therapist at our Olathe clinic. She has been a physical therapist for eleven years, ten of them with SERC. Robyn completed her undergraduate studies at Kansas State University, and earned her MSPT from the University of Kansas Medical Center.

Robyn enjoys working with runners and athletes, and is a runner herself, having completed five marathons and more than a dozen half-marathons. In her spare time, she also enjoys yoga and volunteering with Kansas City Retired Greyhounds As Pets.