

New Report Shows Footballers Are Not The Only Ones Subject To Knee Injuries

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London, UK ? Football is a popular sport, whether one watches from the sidelines or one joins up an amateur pick-up game. Physiotherapists will be quick to note that when it comes to knees, injuring the ACL is one of the most common ligamentous problems within the UK. In order to help London residents in the Ealing area out with this, CK Physio (www.ckphysio.co.uk) has just published a new blog post authored by Bryan Kelly entitled Great Physiotherapy in London Helps People Recover From Knee Injuries.

The article discusses how physiotherapy helped Crystal Palace footballer Glenn Murray get back on his feet and back into the game after suffering a serious knee injury in May's Championship play-off semi-final against Brighton.

'Footballers like Murray aren't the only ones susceptible to a serious knee injury,' states Kelly. 'Anyone who over- or mis- uses their knees is in danger of tearing their anterior or posterior cruciate ligaments.'

Eventually, it was effective rehabilitation that helped Murray to return to the pitch and immediately contribute to the club. The injury had allowed the striker to make just three appearances during the season, but the 30-year-old, who scored 31 goals in all competitions last season, was quickly able to get his Premier League campaign up and running again.

According to the article, 'injured football players and individuals need to have their knees restored to be able to do their tasks in confidence, and a reliable physiotherapist can help them achieve that. Physiotherapists like those at CK Physiotherapy know the anatomy of the knee and will coordinate with the patient's doctor to ensure that the exercises done by the patient will help him or her regain the use of his knee'.

CK Physio physiotherapists are Chartered (members of the Chartered Society of Physiotherapy) and registered with the Health Professions Council.

To read the article, visit www.ckphysio.co.uk.

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CK Physio

Bryan Kelly and Emma Cadwallader started CK Physiotherapy in 2003. Initially the practice was based in Golds Gym in Hanwell. As the practice grew, we moved and from 2008 have been based in Elthorne Avenue where we have 2 dedicated treatment rooms.

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