

Introduction to Knee

Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area for Knee

Welcome to Atlas 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](#)

Atlas Physical Therapy provides services for Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area.

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

“ Alex and his staff recently helped me with a knee injury and frozen shoulder. A couple years ago they helped me after my neck surgery. I am very pleased with the results and highly recommend their... ”

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Stephanie F

Denver, CO

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“ By far the best physical therapists I have ever gone to! Alex and Kate have fixed everything that has come up from foot issues, to knee problems to all the tiny little things that happen during training or just life in general. Lexi and Emma are awesome at making sure im doing exercises correctly and making it fun at the same time. With the help of everyone at Atlas Physical Therapy I was able to complete my first ultramarathon and look forward to completing many other ridiculous goals. ”

Amanda H

Denver, CO

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“ Very professional people! Nikhil and Frank were respectful and yet personable in my time with them. I went in with a hurt knee that kept me from running. They were very conscientious about my desire... ”

“ Very professional people! Nikhil and Frank were respectful and yet personable in my time with them. I went in with a hurt knee that kept me from running. They were very conscientious about my desire to run again and worked hard to that end. I recommend them highly. ”

Elizabeth H

Denver, CO

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“ I have been going to Atlas Physical Therapy for years, alas for different body parts. Each time I have gone, for various body parts (knee, shoulder, and now hip), Atlas has been there for me. You won't regret it. Hope to (not) see you there - to your health! ”

Kimberly S

Denver, CO

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“ Brett, Will and the team were great to work with. I was rehabbing a knee injury and that were very knowledgeable, helpful and accommodating to my schedule to ensure I got the treatment and care... ”

“ Brett, Will and the team were great to work with. I was rehabbing a knee injury and that were very knowledgeable, helpful and accommodating to my schedule to ensure I got the treatment and care needed. After a few sessions I saw great improvement in my knee and back to normal now. We highly recommend based on knowledge and skill alone but also super friendly fun and supportive staff along the way. ”

Holland A

Denver, CO

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“ Brett, Will, and the entire Atlas team made my experience a great one. When I began therapy, my knee pain was preventing me from doing the activities I love, but within just a few weeks of treatment, my pain was reduced by at least 75%. Brett and Will did a great job not only challenging me to make progress quickly, but made the experience fun. On top of that, Atlas uses an app for your home exercises that makes your exercises easier to do and rewards you for consistency. Highly recommend! ”

Zach W

Denver, CO

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“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it... ”

“ I am a runner and runners sometimes get hurt! Alex has magic hands. The man has helped me get through plantar fasciitis on both feet, hip and knee issues and a pulled hamstring! All while keeping it fun and just being an amazing coach. If something ails you- go see him! He has magic hands and will get you back on track in no time ”

Maili Aring Dilworth

Denver, CO

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“ Forever grateful for this place and getting my knee back up in order after repeat injuries. I recommend seeing like for any PT needs. Great place for overall recovery in addition to dry needling. I... ”

“ Forever grateful for this place and getting my knee back up in order after repeat injuries. I recommend seeing like for any PT needs. Great place for overall recovery in addition to dry needling. I hope not to spend much time back here but in case I do, it’s handy to have a trusted PT near work in downtown. ”

Casey M

Denver, CO

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“ Always helping me with recovering from knee replacement! Progress with a great attitude!. ”
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John And Brenda Davis
Denver, CO
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“ I went to Atlas PT for what ended up being a torn meniscus. Â While we worked on healing/getting stronger I had two friends who also torn their meniscus and quickly opted surgery. Â I had my moments... ”
“ I went to Atlas PT for what ended up being a torn meniscus. Â While we worked on healing/getting stronger I had two friends who also torn their meniscus and quickly opted surgery. Â I had my moments where I wanted to do the same but Alex was super patient with me, making sure I understood my options and then supported me with whatever I choose. Â Lexi was great as well, showing me new strength building exercises and always took the time to answer questions I had about workouts outside of PT.I will always recommend Atlas PT to friends and family. Â They are knowledgeable and willing to work around your schedule (early mornings, and some early evenings.) ”

Melissa A
Denver, CO
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“ Andrea and Nate were such an amazing team in helping me recover from my dislocated kneecap. They are patient, kind, encouraging, and truly cared in helping me make progress in my recovery. They helped... ”
“ Andrea and Nate were such an amazing team in helping me recover from my dislocated kneecap. They are patient, kind, encouraging, and truly cared in helping me make progress in my recovery. They helped me go from 2 crutches, to 1 crutch, to no longer wearing a knee brace/tape, and finally being able to walk normally again within 4 months. I would highly recommend this team to anyone! This is a really nice, fun office that made me feel good about going in every appointment. I also appreciate Cat's kindness and stellar customer service at the front desk. ”

LK D
Denver, CO
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“ It was all my fault, I waited until my knee tendonitis was so bad I could barely walk. At my age (63) you would think I should know better. But the team at Atlas did a remarkable job of putting me... ”
“ It was all my fault, I waited until my knee tendonitis was so bad I could barely walk. At my age (63) you would think I should know better. But the team at Atlas did a remarkable job of putting me back together. Â After the third visit I felt substantial improvement. Â They gave me some new stretches to do on a daily

basis, and made some minor modifications to my current exercise program that will prevent this from reoccurring. “ Of course it was completely up to me to do the stretches and exercises, Luke and Hanna can’t do them for me. “ But by following their directions I am fully back on my feet and enjoying the summer. ”

Zeke H

Denver, CO

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“ I worked with Andrea and Nate for almost 3 months to rehab after a meniscectomy. They were great from start to finish, always taking the time to assess progress and constantly tweaking my workout regimen to continue challenging me. As an expert Andrea would explain what was going on with my muscles and ligaments and help me understand how certain motions can hurt/help. Nate was fun to talk with while going through the exercises and always took time to make sure the weight and # of repetitions was just right. Highly recommend this place and will be coming back when my other knee needs work, haha. ”

Chris W

Denver, CO

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“ My first PT experience was at Atlas! I tore my left ACL during a ski accident a few years ago and decided to get it replaced a year ago. Luke is the bomb and had me up and walking in a month! Also... ”

“ My first PT experience was at Atlas! I tore my left ACL during a ski accident a few years ago and decided to get it replaced a year ago. Luke is the bomb and had me up and walking in a month! Also gives the best advice for what you can/cant do and what you should focus on. Unfortunately I had a year long string of bad luck and tore my right ACL in a bike accident and had replacement surgery and then had my meniscus touched up a few months later. My year long recovery has been at Atlas and they haven’t let me down! Their times are always flexible and the people there are super fun and make the recovery process something to look forward to every week. Matt and Abby were also really fun and helpful and were great at keeping spirits up. I will definitely be coming back!! (fingers crossed I don’t tear anything else though!) ”

Danielle D

Denver, CO

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Sarah J

Denver, CO

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