

Physical Therapy

Knee Pain

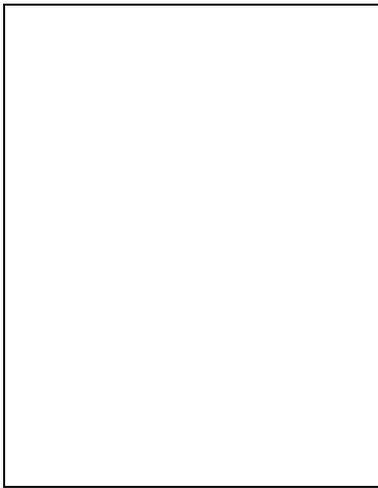
"Is Annoying And Frustrating KNEE PAIN Keeping You From The Activities You Love...Have You Tried Other Treatments Without Success...Are You Looking For A *Specialist* Who Can Figure Out What's Wrong AND Finally Get You To Your Goals...Without Painful Injections, Surgery, Or Rest?"

From The Knee Pain Specialists At Competitive EDGE

We believe in providing you education up front so you can start your journey to pain free activity today!

Below you will find out 100% FREE report on "7 simple ways to stop knee pain". Just click the button below, fill out your information, and your free report will be sent to you in just seconds.

GET THE FREE REPORT



Dear Knee Pain Sufferer,

Whether you are looking to finally get to the bottom of your nagging and severe knee pain or just looking for better ways to exercise, stay healthy, and perform your best at sport without making your knee pain *worse*, then this advice could be the **best news you hear this month**.

What often starts as a small but tolerable ache or tightness around your knee can progress into pain that limits your ability to run, lift weights, do yoga, or even walk or climb stairs. Often, when pain first starts the

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prescription is to REST and WAIT for the pain to subside...

...Unfortunately, this rarely fixes the problem, and if it does, it temporarily leaving you more frustrated that you took time off from being active.

Additionally, your friends and family (let alone your doctor!) tell you to "stop running", "Stop doing CrossFit ", or "do you really need to hike so much" while stating that these activities are "bad for your knees".

This advice is likely the LAST thing you want to hear knowing that your hiking, running, soccer, or dance is the #1 activity that gives you enjoyment and keeps you healthy and strong.

Let's just set the record straight...running, Crossfit, hiking, dance, soccer are NOT bad for your knees!

Before you get upset just thinking about missing your next run or workout, and giving in to taking medication for your knee pain, let me just say that at Competitive EDGE we know a BETTER WAY to get you out of pain fast *while staying active!*

If You Are Worried Your Knee Pain, And Want To Know What's Causing It, While Learning The Best Strategies To Stay Active And Strong While Being Able To Exercise Without Worry Of Pain, Then There is Hope...

Before I go on to tell you exactly how we can help fully resolve your knee pain, let me just say that what we do at Competitive EDGE is **completely different** than what's provided at other physical therapy clinics.

Our team of specialists uses *movement data*, state-of-the-art biofeedback equipment, and precise hands-on care to pinpoint the exact cause of your knee pain and provide *fast, effective, and purposefull* treatment that gets you back doing what you love.

We believe "movement is medicine" and use an active approach to rehab that address your specific goals head on instead of wasting your time using ice, heat, electrical stimulation, or even worse, telling you to rest and take medications with harmful side effects.

At Competitive EDGE we believe your movement education is *the number one* way you not only get out of pain quickly, but also keep your pain from returning!

If All You Have Tried Is "Generic" Easy Exercises, Rest, Foam Rollers, And Medication Without Any Relief From Your Knee Pain...Then It's Essential To Improve The Way You Move!

Over the last 10 years, I have helped hundreds of active people in the Bay Area figure out the exact cause of their knee pain and return to the sports and exercises they love.

Having had knee pain myself, and seeing it first hand in clients, I can tell you confidently...Rest will not solve

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your knee pain!

Sure, temporarily your pain may subside giving you the sense that "it's finally gone!"; however, after a few runs, hikes, or workouts that awful pain in your knee returns with a vengeance. The "on again off again" pain cycle will continue until **you find a long-term solution.**

Having a **movement strategy** that is built on biomechanics, strength, and flexibility will allow you to rid your knee pain for good while learning more about your body and high performance in your sport.

So, if you are starting to see that not all "physical therapy" is created equal, and you are interested in how our specialists at Competitive EDGE can help alleviate your knee pain using movement data, then read on...

Here's Who We Can Help...

What I want you to know is that at Competitive EDGE we don't claim to help EVERYONE. We specifically help active people who want to overcome their pain without pain medication, injections, or surgery and who desire to stay active and healthy. If you can say "YES" to any of the following, then the specialist service we provide is RIGHT for you:

- You've noticed an annoying "ache" or "sharp" pain at your knee for more than 10 days
- You have severe pain that limits your walking, squatting, or stairs
- Your pain limits your running distance, speed, and performance
- Your knee pain keeps you from performing to the highest level in your sport
- You've experience pain that keeps you from a full nights sleep
- You value the enjoyment of exercise and strongly dislike the idea of being at "rest"
- You would rather not take pain medication or having cortisone injections

If you said "Yes" to anything above then you are a perfect fit for our specialized care and we will be able to help you achieve your movement goals!

At Competitive EDGE, we have a proven system for alleviating your knee pain. After a decade of helping others just like you, we have a comprehensive system of evaluation and biofeedback training that works.

Our system will get you running, hiking, and exercising with less pain, more strength, and more enjoyment. Plus, we offer the most evaluation and treatment TIME per visit in the Bay Area. You have a story to tell and we are hear to listen to it all.

If you are interested in receiving specialist care, learning how to use movement as medicine, and are ready to take control of your knee pain then start by [making a no-hassle or obligation request for more information on cost and availability by clicking here.](#)

Do you have a more pressing question that you would like answered?

If so, you can call and set up a time to speak with one of our knee pain specialists! We will spend 10-15 minutes on the phone with you to ensure your questions are answered.

To schedule a "free phone consultation" with our specialists call 408-784-7167

Move to Improve!

-Kevin Vandi and the Competitive EDGE team