

Introduction to Knee

Physical Therapy in Montgomery and Conroe for Knee

Welcome to Montgomery Physical Therapy & Sports Medicine'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](#)

Montgomery Physical Therapy & Sports Medicine provides services for Physical Therapy in Montgomery and Conroe.

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

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Brian D

Montgomery, TX

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“ I had my second knee replaced about 4 months ago. Having had this location help me rehab the first one - with great success, I chose to have them help me with the current one. Again, it has proven to be the correct decision. My usual therapists are Dr. Brody and Trey. They really know their business and have directed me toward a complete and successful recovery. I know several of their patients personally and we all agree -they are the best! This is not to say the others are not as equally good - they are. Dr. Brody and Trey I can solidly recommend. Keep up the great work! Larry H. ”

Larry H

Montgomery, TX

Conroe, TX

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“ Iâ€”ve been coming to exercise classes for almost two years now. My physician said I had to exercise to build up my strength and balance. I began joining the exercise classes offered and have slowly built up stamina and coordination. The classes offered are a bargain. Youâ€”ll learn a lot and meet new friends. ”

Polly G

Submitted on website directly

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