



The Disability Guys' Guide™

To Your Knees

Free Report

Pain, Injury and Lost time from work

(What You Need to Know To Keep On Your Feet and At Your Job)

"It's just some knee pain."

"It was only a clumsy accident and the bruise will go away."

Do you find yourself saying that "I'll just ice it down—take some Advil™?"

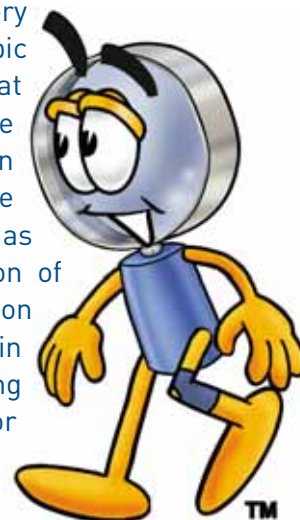
But then worrying about what will happen if the pain doesn't go away? If you have to stop working what will you do? Who will pay the rent, the mortgage, get the groceries? Can my boss fire me?

We've been getting so many calls these days from all sorts of people concerned about different aching "body parts" that we decided to prepare this report, *The Disability Guys Guide To Your Knees* to provide you with useful information about the health questions and legal issues that arise as you experience aches and pains and unfortunate injuries that keep you from working.

I need to be clear. I am not providing you with legal advice (see the fancy disclaimer at the end) and I am certainly NOT providing you with Medical Advice. What I am providing is a starting place for you to begin to get information and answers to your questions, so that you can then make more informed decisions about your medical care and your legal rights before you ever speak to an attorney or see the doctor.

Did you Know?

A very typical work related injury involves knee trauma. For those of you whose job requires heavy physical activity, be careful! Unless treated properly, knee injuries can lead to many missed days of work. It is very common for arthroscopic surgery to be done to treat meniscus tears. Per the NY Workers' Compensation Board, post surgical knee injuries can be classified as permanent loss of function of the leg. A loss of function finding will regularly result in a schedule loss of use finding by a Law Judge. CALL US for more information!!!!!!



As a New York Disability Attorney helping injured and disabled people everyday, I have learned a bit about all of this stuff and want to make sure you can begin to figure out what is going on so that you can best help yourself. Its pretty simple—its about what you know so you can ask the right questions and do the right things...I hope this helps.



DISCLAIMER: This report is for informational purposes only—not legal advice. Every case is based on its own facts and circumstances; you should contact a legal professional about your case!

Nearly 19 million Americans saw a doctor for knee pain last year!

Did they do any of the following four things?

- 1 Manage Your Weight**—even a few extra pounds increases your chances of developing arthritis.
- 2 Strengthen Your Quads and Hamstrings**—these muscles are crucial “shock” absorbers—keep them strong and flexible to protect the joint surfaces in your knee.
- 3 Stretch Your Muscles But**—be careful not to overstretch—and avoid squatting which can put serious stress on your knees.
- 4 Don't Wait Too Long To See a Doctor**— New technologies like MRI scans and arthroscopy make it possible to diagnose and treat knee problems quicker, easier and better! Many patients often need just physical therapy and home exercises to treat.

In Pain?

Get Familiar with These Terms Before You See Your Doctor!

Arthroscopy

Non-invasive way to do surgery. A camera attached to a video monitor is inserted through a small incision

Bursae

Small fluid filled sacs providing lubricating surface between surfaces that need to move

Cartilage

Firm, rubbery tissue that cushions bones at joints; absorbs shock

Chondromalacia

Abnormal softening or degeneration of cartilage

Femur

The bone in the leg that extends from the hip to the knee

Hamstring

The prominent tendons at the back of the knee. Both hamstrings connect to muscles that flex the knee

Joint

The area where two bones are attached for the purpose of motion of body parts

Meniscus

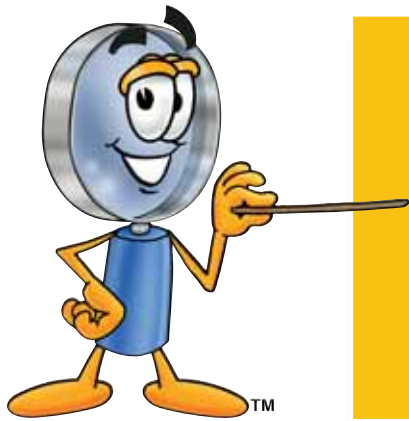
Crescent shaped cartilage between two joints that acts as a smooth surface for joints to move on. One of the most common causes of knee pain

Patella

Medical term for the knee cap; the small bone that is the front of the knee

Popliteal

The back of the knee



Common Symptoms of a Meniscus Tear

Let your doctor know if you experience any of these symptoms:

- Swelling around the knee
- Restricted motion
- Pain
- Inability to stand on the effected leg and back injuries.

For more detailed information about taking care of your knees, knee treatments and surgeries, take a look at some of these.

Markhoff & Mittman Videos at
<http://www.markhofflaw.com/video>

The Disability Guys will give you a well-rounded understanding and detailed information on arthroscopic knee-surgery, total knee replacements, and more.

Other Sources of Information

Body Health Sites
www.knee1.com

Ehealthmd
www.ehealth.com

Orthopedics Guide
<http://orthopedics.com/>

Is your knee injury the result of a work-related accident? Do you have questions about how to obtain medical care or receive appropriate benefits?



Call Brian Today at 877-733-4760
www.thedisabilityguys.com



Dr. Schwartz Says

Don't take your knees for granted. Did you know that the knee is the LARGEST joint in the body and it actually BEARS most of the body's weight? This unfortunately leads to many different types of injuries to people's knees. One of the most important factors that influence knee health is a person's weight. I work with patients all the time to help them reduce their weight so that they can reduce the pressure on their all-important knee joint.

However, there are many simple things you can do:

- Lose weight
- Stretch daily
- Start an exercise program (speak to your doctor)
- Eat well (good food makes for a good body)

And if you do sustain an injury to your knee remember R.I.C.E.

- Rest
- Ice
- Compression
- Elevation

Oh yeah, and see your doctor!
To your health!

Dr. Douglas Schwartz

Founder of Eastside Medical Group, a Board Certified specialist in Physical Medicine and Rehabilitation, as well as Certified Medical Acupuncturist. For over 20 years, Dr. Doug has not only practiced what he preached, but has helped many people regain their strength, dignity and health.

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212-644-6900



TM

Special Offers

Has your knee problem...

- ✓ caused you to miss time from work?, or
- ✓ resulted from a work accident?, or
- ✓ may force you to stop working due to pain?

What can you do? More importantly, what should you do?

The disability guys can't tell you what to do, but...

Before you file a claim with the state or federal agency

Before you speak to the insurance company

And before you ever hire an attorney

...take a moment to get the information you need to answer the questions about what you should do – don't increase your physical pain with mental mistakes!

**Claim your
FREE Books!
Call 866-942-9411**

