

KNEE CLASS

Kaiser Fremont Physical Therapy Department • 39400 Paseo Padre Parkway Fremont, CA 94538 • (510) 248-3200



Your doctor or your Physical Therapist may schedule you for this class. This class is designed to help members with knee pain and involves doing a number of strengthening and stretching exercises. By the end of the class you should have a basic exercise program for the knee as well as an understanding of basic pain management and pain relief techniques. Your primary care provider, your Physical Therapist or our receptionist will be able to let you know available dates and times.

FREQUENTLY ASKED QUESTIONS

- **Will I need to be able to get on the floor to exercise?** The area where we exercise has tables that are adjustable for those patients that are unable to get on the floor
- **Where is the class located?** In the Physical Therapy Department which is in the Rancho Ohlone building
- **What should I wear to the class?** Wear loose fitting pants or shorts so that your knee can be exposed
- **What if the exercises make my knee hurt?** We realize that some patients will not be able to perform all exercises. We offer alternate positions for exercises if a particular position is uncomfortable for patients
- **How large is the class?** The number of patients in the class can range from 3-6
- **How long will it take for me to notice a change in my knee if I stay consistent with the exercises?** You should notice a favorable change within 3 weeks
- **What if my knee pain does not get better with the exercises or gets worse?** Contact the Physical Therapy department to discuss further Physical Therapy options.