



# KNEE PAIN & MANAGEMENT WORKSHOP

**WHO:**

**Senior Citizens, Ages 62+**

**WHEN:**

**Wednesday, April 15<sup>th</sup>, 2026**

**TIME:**

**Workshop; 1:00-2:00pm  
Social Hour/Refreshments; 2:00-3:00pm**

**WHERE:**

**South End Fire House  
154 Pompton Ave (rear)**

**PRICE:**

**FREE – MUST REGISTER ONLINE OR CALL 973-239-1410  
x 220 to RSVP.**

**HOSTED BY:**



**Join Total Recovery Physical Therapy for an informative presentation focused on understanding and managing knee pain. This session is designed specifically for seniors and will cover common causes of knee discomfort, prevention tips, and practical strategies to improve mobility and reduce pain. There will be time for questions and answers at the end as well!**

*“At Total Recovery PT, we are dedicated to your recovery and well-being. Our top priority is helping you achieve exceptional outcomes and continuous improvement with every visit. We strive to combine high-quality care with a positive and supportive environment to ensure your experience is both effective, successful, and enjoyable.”*