

Free Report from Markhoff & Mittman Examines How to Take Care of Your Knees

Disability law firm, Markhoff & Mittman, releases new series of reports to help individuals learn more about the various injuries and illnesses they face as they get older that may keep from their jobs.

December 8, 2010 (FPRC) -- Brian Mittman, Managing Partner of White Plains Disability law firm, Markhoff & Mittman, and Jane Fogelson, Marketing Director, are releasing a series of FREE reports, For Your Health – The Disability Guys Guides designed to help people learn more about the different illnesses and injuries that keep them from their jobs. The first issue focuses on knees – a source of pain, injury and missed days from work for nearly 19 million Americans.

'Are you experiencing knee pain? Are you ignoring it – hoping that it will go away so that you don't have to take time off from work and deal with doctors?' asks Jane Fogelson, Marketing Director. 'We're publishing these FREE reports, For Your Health – The Disability Guys Guides, 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.'

It's not easy when minor aches and pains cause us to miss work. Arthritic knee pain alone is a major source of discomfort and pain for both the young and the old. When coupled with knee injuries or accidents, a person's mobility can be severely impacted. You may be eligible for workers' compensation, social security disability insurance or long term disability benefits if your knee problems cause you to stop working.

The first issue addresses knee pain and injury – what you need to know to keep on your feet and at your job. Many people are walking around with some sort of knee pain. In this report, Mittman and Fogelson provide common terms you will want to familiarize yourself with before visiting your doctor as well as resources for more detailed information about taking care of your knees including different knee treatments and surgeries. We also offer many videos on our website, www.markhofflaw.com.

'I need to be clear,' commented Brian Mittman, Managing Partner of Markhoff & Mittman and author of the bestselling book, 5 Deadly Sins That Can Derail Your New York Workers' Compensation Case. 'I am not providing you with legal advice. I am providing you with a starting place for you to begin to gather some information and get some of your questions answered so that you can then make more informed decisions about your medical care and legal rights before you ever speak to an attorney or see a doctor.'

About Markhoff & Mittman, P.C.

Markhoff & Mittman was founded in 1933 on the idea that people who are injured on the job should be treated with respect. Our firm has been on the forefront of NY workers disability for almost seventy-five years. Today we are as committed as ever to helping people who have been injured in the workplace recover the compensation that will allow them to move on with their lives. We are dedicated to helping people secure compensation for social security disability, supplemental security income, workers' compensation claims, NYC and State retirement disability and serious personal injury cases. You can learn more about Markhoff & Mittman, PC by visiting www.markhofflaw.com.

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