

HEALING OF KNEE INJURY

—The testimony of Nektarios Dariotis—

August 26, 2025

In July of 2023 I was sparring with one of my teammates, to help him prepare for a competition. At that time I partially tore my MCL and mildly strained the LCL of my right knee. I was unable to walk or even hold my own weight on my two feet for about two months. After many visits to a physiotherapist, my situation improved, but not anywhere close to what I was before, prior to this injury. After months of struggling and attempting to strengthen my knee, I was getting no success. Eight months after my injury, I visited Saint Nektarios Greek Orthodox Monastery, and I had my knee blessed with the cross containing relics of Saint Nektarios. After being crossed, within days my knee felt like nothing ever happened to it.

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Saint Nektarios Monastery
—Roscoe, NY—