



**DON'T LET
HIP OR KNEE
PAIN HOLD
YOU BACK!**

**PHYSICAL THERAPY CAN
GET YOU BACK IN ACTION**

Free Knee Pain
Webinar

Staff Spotlight:
Chelsea Allen

Patient
Success Story

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A MESSAGE FROM DR. CHRISTIAN, DPT

Our pain has a funny way of spreading to other parts of our body. What was once a nagging knee pain when pulling weeds or mowing the yard has now progressed to an aching hip and knee pain that flares up just from walking across the living room. In more severe cases our pain can become constant, even when simply sitting down! It's important to understand that pain can and will travel to other body parts largely due to compensations that we make to take pressure off another joint. For example, chronic knee pain is eventually going to change the way you walk as you find ways to continue day-to-day activities without irritating the injured knee. You may start to lean away from the "bad" knee and shift your weight onto the "good" leg. After enough time, you may start to notice that your "good" leg is starting to hurt too, likely because of all the extra pressure that has been shifted on it!

Our body is excellent at creating short-term solutions for minor aches and pains; whether it be shifting our weight away from the

painful side or rotating our knee inward to avoid pain when walking. The problem is that these short-term compensations are hard on your joints. Given enough time your joints eventually can't keep up with the strange position you've placed your body in. This is when the "wear-and-tear" begins to show up. Before you know it, one day you may wake up with a nagging pain in your knee, hip, or back.

Thankfully, there are ways to regain your pain-free life, even if you've already been diagnosed with the scary "bone-on-bone" or "degenerative disk disease" diagnosis (which in my opinion, gets thrown around too frequently in the medical profession.) Physical therapy can address and correct these abnormal compensation patterns and increase the stability of painful joints. It can help reduce further wear and tear, and even return you to pain-free function. As the physical therapist at Joint Restoration Center, my goal is to address what caused the pain in the first place and then correct the movement patterns that so that the symptoms leave and never come back. If you are tired of nagging pain in your joints and want to return to the activities that you love, feel free to schedule a visit with Joint Restoration Center.

HOW PHYSICAL THERAPY HELPS HIP AND KNEE PAIN

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge. The good news is that at Joint Restoration Center, our physical therapists and nurse practitioners can help you find solutions to your pain and help you get back to living the life you enjoy!

COMMON CAUSES OF HIP, KNEE AND LEG PAIN

Hip, knee and leg pain are surprisingly common. It can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood can cause osteoarthritis later in life. Repetitive stress and overuse-type injuries are more common with tendon-related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries
- Fractures
- Dislocations
- Pinched nerves

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapists and nurse practitioners figure out

the source and the appropriate plan to resolve it.

The inner aspect of the knee is where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon-related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner rather than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Inactivity and avoiding movement that can contribute to immobility and pain. Our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Physical therapists and nurse practitioners are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and restore your function. Physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact us today, and tell us about your symptoms. We offer the results you are looking for!



Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>; <https://pubmed.ncbi.nlm.nih.gov/30126395/>; <https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>; <https://pubmed.ncbi.nlm.nih.gov/25591130/>



STAFF Spotlight

Chelsea Allen
APRN-CNP

EDUCATION

Chelsea received her Master's of Science in Nursing from the University of Alabama at Birmingham

QUALIFICATIONS

- Certified Nurse Practitioner
- Board Certified
- Over 8 years of experience in a variety of clinical settings

Chelsea is a board-certified nurse practitioner with a passion for working with patients to optimize their health and overall wellness. By working to improve joint pain, mobility and function, her goal is for patients to achieve an increase in activity and thus improve overall well-being rather than simply mask symptoms. She has over 8 years of healthcare experience in a variety of settings ranging from inpatient care to integrative health. She is passionate about keeping up with the latest updates in medical literature. She loves spending her free time with her family, staying active, and enjoying the outdoors.

How you can AVOID KNEE REPLACEMENT *with* AARP

WHAT IS THE ADVANCED ARTHRITIS RELIEF PROTOCOL (AARP)?

We are proud to offer the The Advanced Arthritis Relief Protocol™ (AARP), a non-surgical, FDA-approved treatment for osteoarthritis pain that is covered by Medicare and most commercial insurances. It combines gel injections, physical therapy, bracing, and expert guidance to help you address your osteoarthritis pain symptoms. This treatment is an excellent alternative to knee replacement surgery, helping to delay or even prevent the need for total knee replacement. The AARP combines these powerful techniques:

- **Viscosupplementation.** A procedure involving the injection of gel-like substances (hyaluronates) into a joint to supplement the viscous properties of synovial fluid. This procedure has been shown to be 92.7% successful in alleviating pain associated with osteoarthritis and is covered by most major medical insurance providers and Medicare.
- **Fluoroscopy.** Allows us to look inside your joints – in real time – while administering our minimally invasive natural injections, helping ensure the injected material is in the correct location for the best results.
- **Physical Therapy.** One of the reasons our knee protocol is so highly successful is our physical therapy strategy. We combine personalized physical therapy programs that fit each patient with a cutting edge unloading knee brace.

WHAT IS OSTEOARTHRITIS (OA)?

When the cartilage in your joints begins to wear, it becomes frayed and rough. Moving the bone along this exposed section is painful. If the cartilage wears away completely, it can result in bone rubbing on bone. As the cartilage continues to wear away, damaged bones may start to bow inward or outward, forming spurs and causing more pain.

WHAT CAUSES OSTEOARTHRITIS (OA)?

- **Age.** The ability of cartilage to heal itself decreases as we age. Osteoarthritis typically affects people middle-aged and older.
- **Injury.** Previous knee injury, such as a sports injury, can lead to osteoarthritis later in life.
- **Heredity.** Certain genes have been linked to OA.
- **Weight.** The more you weigh, the more stress you put on your knee joints.
- **Overuse.** People in occupations that involve repeated kneeling or squatting, heavy lifting and walking, are vulnerable to repetitive stress injuries in the knee.
- **Other illnesses.** If you have had other problems with your knee, such as gout, knee infection or Lyme disease, your risk for osteoarthritis increases.

WHAT MAKES THE ADVANCED ARTHRITIS RELIEF PROTOCOL DIFFERENT?

Our approach is personalized, taking your individual needs and condition into account. The AARP has helped thousands of patients avoid knee replacement surgery and find relief from osteoarthritis pain, allowing them to get back to living their lives!

FREE CONSULTATION

We offer free consultations for The AARP. Start your journey towards a pain free life by contacting us today to schedule your free, personalized knee evaluation!

LEARN MORE IN OUR FREE WEBINAR

Watch our **FREE WEBINAR** to learn more about The Advanced Arthritis Relief Protocol. Scan the QR code above to view.

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Patient Success Story

“Thanks to all the nice doctors and people working at Joint Restoration Center, I’m able to walk again without needing help or a walker. I can get out by myself and enjoy life again.

Three shots in both knees and some PT—that’s it, and it changed my life.”

— Karen A.

We want to hear YOUR success story!

Leave a review for our practice and help us connect with the community! Visit <https://I.ead.me/bd9lrm> or scan the QR code to leave us a Google review!



Has Your Pain Returned?

Call today to schedule an appointment!

918.303.KNEE (5633)

JOINT
RESTORATION CENTER

JointRestorationCenter.com

DON'T IGNORE YOUR PAIN. COME BACK TO JRC!