

# HOW YOU COULD AVOID MAJOR KNEE SURGERY

## AND FIND ARTHRITIS RELIEF



5 Tips to Avoid  
Holiday Overeating

Healthy Recipe:  
Slow Cooker Pumpkin  
Pie Oatmeal

Patient  
Success Story

**INSIDE:** • 5 TIPS TO AVOID HOLIDAY OVEREATING • PATIENT SUCCESS STORY • HEALTHY RECIPE: SLOW COOKER PUMPKIN PIE OATMEAL

## HOW YOU COULD AVOID MAJOR KNEE SURGERY AND FIND ARTHRITIS RELIEF



### A MESSAGE FROM DR. CHRISTIAN, DPT

#### Knee Pain

Chronic knee pain is a common injury that affects millions. For this reason, total knee replacements are on the rise as one of the most popular surgeries in the United States. Although knee replacements may prove to be beneficial, it is an invasive, arduous surgery that typically requires months of intense rehab to achieve the best outcome. For some, knee replacements are their best option to reclaim their quality of life; for many, opting for a total knee replacement may be premature and oftentimes inappropriate. I have many patients in our clinic who opted for a knee replacement because they assumed it was their only option.

Thankfully, there are many options to treat knee pain that don't require you to go under the knife. A trained Physical Therapist will assess the factors that created the knee pain in the first place and teach you corrective exercises and

movement patterns to reduce the dreaded "wear and tear" on your knees. You may be surprised to hear that consistent movement and strengthening of certain muscle groups can stabilize and reduce further damage to your knee joints.

Now, many people might say, "I can't even stand without pain, let alone exercise!" The great thing about Physical Therapy is that everything is scalable. If it hurts to stand, then we can strengthen the knees from a seated position. Once the muscles around the knees become stronger, then we can steadily progress to standing while ensuring that your symptoms remain minimal. With appropriate progression, your tolerance to standing activities like walking, cooking, and playing with grandchildren can improve significantly. In conclusion, there are many treatment options out there other than opting for a knee replacement. If you are interested in taking care of your knee pain, schedule an evaluation at Joint Restoration Center today!

# HOW YOU CAN AVOID SURGERY AND FIND ARTHRITIS RELIEF

Are your knees stiff and sore, especially when you wake up, or after you have been sitting for a long time? Do you notice more pain getting up and down a chair or climbing stairs? Arthritis is a common condition that affects the knees and can get so bad it seems like surgery is the only solution.

At Joint Restoration Center, our team provides non-surgical solutions to knee osteoarthritis so you can avoid surgery and return to normal activities without pain.

Osteoarthritis is the most common type of arthritis affecting the knee joints. As the cartilage in your knees gradually wears down, your function will also deteriorate. The worse the breakdown, the more likely you will experience inflammation, pain, and a loss of joint range of motion.

Fortunately, there's a lot that you can do to alleviate the pain and improve your function without invasive surgery. At Joint Restoration Center, our certified nurse practitioner (CNP) and physical therapists use the most advanced techniques to help you move your knees and feel better without major surgery!

Request an appointment today to see if our Advanced Arthritis Relief Protocol (AARP) and Platelet Rich Plasma (PRP) injections are right for you!

## WHAT IS THE ADVANCED ARTHRITIS RELIEF PROTOCOL?

The Advanced Arthritis Relief Protocol™ (AARP) is a highly effective treatment method combining specialized injections, an "unloader" knee brace, and physical therapy to alleviate arthritis pain and restore joint mobility and function.

The minimally invasive specialized injections are also known as Viscosupplementation Therapy. The injection consists of a gel-like substance called hyaluronate that helps improve the thickness of the knee joint's fluid (synovial fluid). This procedure is FDA-approved and covered by Medicare health insurance.

Research has shown that these injections help alleviate the pain in over 90% of patients with this procedure. The combination of an unloading brace to reduce the pressure on the knee with injections and physical therapy maximizes the chance for successful outcomes.

Physical Therapy at Joint Restoration Center is an essential ingredient to maximize your results. Our treatments are tailored to your individual needs, and when combined with injections and bracing, you will experience healthier pain-free knees.

## HOW PRP INJECTIONS CAN HELP YOUR KNEES FEEL BETTER

Platelet-rich plasma (PRP) injections are a safe, minimally invasive procedure that uses the natural healing properties of platelets



and plasma to facilitate the healing of any injured soft tissue around the knee joint and as a supplement to improve your AARP outcomes for a degenerated knee joint.

PRP injections are an excellent complement to the AARP treatment protocols because platelets contain proteins called growth factors that support your body's ability to heal effectively.

To make "platelet-rich plasma," we'll draw a sample of your blood and spin it in a centrifuge to concentrate the healing response activity (aka growth factors) into PRP. When we inject that PRP directly into the site of an injury, it accelerates the healing process.

## WHAT TO EXPECT AT YOUR JOINT RESTORATION CENTER SESSIONS

At Joint Restoration Center, our CNP and physical therapist will perform a comprehensive evaluation to identify all the factors associated with your knee arthritis. We will use this information to develop the most effective treatment plan to address your limitations, including whether you will benefit from the AARP and PRP injections as part of your treatment plan.

We will focus on treatments that help reduce your pain and restore your motion and strength so you can function at your peak abilities. In addition, we will fit you for an unloading brace to ensure your results and maximize your outcomes from our treatments.

At Joint Restoration Center, we use the most advanced treatments, including AARP and PRP injections, as part of our multifaceted rehabilitation programs to ensure you get the results you are hoping for!

## REQUEST AN APPOINTMENT TODAY!

If you want a safe, effective solution to your knee pain without invasive surgeries, call Joint Restoration Center today. Request an appointment to see if AARP and PRP injections with our advanced physical therapy treatments are right for you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7589810/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5632954/>; <https://www.sciencedirect.com/science/article/abs/pii/S0049017218307285>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8567800/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6828999/>; <https://www.thieme-connect.com/products/ejournals/html/10.1055/s-0038-1661382>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.sciencedirect.com/science/article/pii/S10634841931297X>; <https://pubmed.ncbi.nlm.nih.gov/25785564/>

# 5 Tips to ENJOY the HOLIDAYS Without Overeating

The holidays can be one of the most challenging times of the year for those who are trying to maintain a healthy lifestyle. It is a time for family and friends, for good food and decadent desserts. But it doesn't have to be challenging! Here are five tips to help you stay healthy during the holidays.

**1 Eat before you go:** If you know that there will be many tempting treats at your holiday gathering, try eating a healthy dinner before you arrive. This way, you still have room for a small dessert and avoid overeating.

**2 Enjoy your favorite foods in moderation:** The key is to enjoy your favorite foods in moderation. They can still be on your plate, but try not to overdo it! Wait for 15 to 20 minutes before grabbing seconds to ensure you don't overeat.

**3 Have a healthy breakfast every morning:** Eating a healthy breakfast is essential for your health and weight. Protein-rich foods are the best choice for breakfast because they keep you full longer and help you avoid overeating later in the

day. Protein-rich foods include eggs, milk, yogurt, cheese, beans, nuts, and seeds.

**4 Drink water:** If you're like most people, you tend to opt for sugary drinks or alcoholic beverages at your holiday parties. Amid all the excitement, it's important to remember to drink water still. Staying hydrated is a critical element of healthy nutrition and helps digestion.

**5 Eat slowly:** Eating slowly is good for your health and your waistline! It takes around 20 minutes for your brain to tell your stomach that it's full, so eating too quickly will lead to overeating and weight gain. Eating slowly also helps you enjoy the food more and prevents you from feeling hungry too soon after a meal.



## Patient Success Story

"I walked in off the street, no recommendations, my knee was getting worse. I thought it would never be the same again. Adam showed me around, spent time with me and I decided I really liked the atmosphere. I've had 3 injections with Rachel and physical therapy with Christian and I have no pain. I'm feeling my knee is completely healed and I feel optimistic again. I know everyone there and they feel like friends, but also very professional. I have recommended them to other people."

— Philip J.



## We want to hear *YOUR* success story!

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



## Has Your Pain Returned?

Call today to schedule an appointment!

918.205.2608

**JOINT**  
RESTORATION CENTER

[JointRestorationCenter.com](http://JointRestorationCenter.com)

## HEALTHY RECIPE: SLOW COOKER PUMPKIN PIE OATMEAL



*Wake up to your whole kitchen smelling like the holidays — and have pumpkin pie for breakfast with this easy, healthy, overnight recipe!*

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Note: It's important to use steel-cut oats because quick or rolled oats won't hold up to the slow-cooker time.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>

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