

**HOW TO
IDENTIFY
AND TREAT
KNEE
ARTHRITIS**



Avoid Knee Replacement
with Our ARP

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HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS



A MESSAGE FROM DR. CHRISTIAN, DPT

As the winter months persist and the weather changes to much colder temperatures, you may begin to experience joint pain. If you begin to feel pain in the knee, it can present as a dull, aching, nagging pain. This pain typically appears out of the blue and if left unaddressed will continue to increase until that nagging dull ache turns into a sharp excruciating pain. Since knee arthritis tends to progressively increase if left untreated, it is of utmost importance to get ahead of the pain while it is minimal. If you are concerned that your knee pain may be due to the beginnings of arthritis, ask yourself the following questions: "Did I do anything to create this pain?", "What does my pain feel like?", "Does my pain follow a pattern throughout the day?", "Where do I feel the pain?", and "What makes the pain better/worse?". Let's start with the first question, "Did I do anything to create this pain?". Typically, knee arthritis does not have any "event" that caused the pain. It usually begins randomly following years of repetitive wear and tear activities on the knees. If someone were to twist their knee and they feel severe knee pain, their root cause of pain is likely not going to be arthritis. However, if someone were to begin to feel progressive knee pain that increases with any weight-bearing activity, then one would be led to believe this is due to arthritis. "What does my pain

feel like?". The type of pain you feel can be important to determine if your knee pain is from arthritis. Knee osteoarthritis, or OA, usually presents with a dull, aching pain. Oftentimes, the pain can increase and feel sharp and stinging, like an icepick to the inside of the joint. If your pain is more of a tingly, shooting burning pain, it may be secondary to a nerve issue. "Does my pain follow a pattern throughout the day?". Typically, knee OA will follow a daily pattern beginning with knee stiffness in the morning that eases up after walking for a few minutes. Then the pain will gradually increase throughout the day and symptoms will be worse the longer you stay on your feet. "Where do I feel the pain?". Knee OA is usually very localized to the knee joint, so if you feel general diffuse pain all over the leg, it may be something else. Knee OA is generally felt within the joint space and typically does not travel up or down the leg, although there are always exceptions to this rule. "What makes the pain better/worse?". Knee OA diagnosis is very interesting because most people discover that if they rest and take pressure off their knees, the pain may completely go away. Although it will likely return as soon as they stand up and stay on their feet. There are several questions that you can add to your "checklist" in terms of self-assessing for the signs and symptoms of knee OA. If these questions and answers sound similar to what you are dealing with, your best defense is a thorough examination at Joint Restoration Center by our trained therapists.

HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

Osteoarthritis is the most common type of arthritis and is known to cause a gradual breakdown of cartilage in the joints. Over time, the condition will typically worsen, leading to inflammation, more pain, and loss of motion in the joints. While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function.

If you live with stiff, achy, or painful knees, contact Joint Restoration Center today to schedule a consultation. Our dedicated physical therapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee(s).

WHAT TYPE OF ARTHRITIS AFFECTS THE KNEE JOINT?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s).

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

There are also physical risk factors associated with increased knee osteoarthritis, including:

- Injury to the joint
- Participation in sports (i.e., contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis

- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)

COMMON SYMPTOMS OF KNEE ARTHRITIS

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

Your knee treatments will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

GET STARTED TODAY!

At Joint Restoration Center, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs. Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physical therapy!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>

<https://www.sciencedirect.com/science/article/pii/S106345841931297X>

<https://pubmed.ncbi.nlm.nih.gov/25785564/>

AVOID KNEE REPLACEMENT *with our ARP*

The advanced Arthritis Relief Protocol™ (ARP) is 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. It is an excellent alternative to knee replacement surgery, helping to delay or even prevent the need for total knee replacement. The ARP combines these powerful techniques:

- **Viscosupplementation.** Gel-like substances are injected into a joint to supplement your natural synovial fluid, resulting in a 92.7% success rate in alleviating osteoarthritis pain.
- **Fluoroscopy.** We look inside your joints in real time, helping ensure the injection is in the correct location for the best results.
- **Physical Therapy.** We combine personalized PT programs with a cutting-edge unloading knee brace.

FREE CONSULTATION. Start your journey towards a pain-free life by contacting us today for a free, personalized knee evaluation!

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



Healthy Recipe

CHOCOLATE SHAMROCK SHAKE!

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- Scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!



HOME EXERCISE: KNEE GAPPING

Mobilizes the knee capsule and allows synovial fluid to lubricate the joint.

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.



Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

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



Patient Success Story

“Love this place! I've got my life back! With the shots to my knees, I can put off knee replacement!”

— Georgiann B.



We want to hear YOUR success story!

Leave a review for our practice and help us connect with the community! Visit <https://Lead.me/bd91rm> 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
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