

**STRIKE
OUT
YOUR
KNEE PAIN**

Healthy Recipe!
Grilled Cilantro Lime Chicken
with Avocado Salsa

Home Exercise
for Knees

Avoid Knee Replacement
with Our ARP



A MESSAGE FROM DR. CHRISTIAN, DPT

ARE YOUR KNEES READY FOR SUMMER?

Summer is finally here, and with that comes all of the outdoor activities that we love: fishing, gardening, hiking, and going for walks, just to name a few. The outdoors may be ready for you, but unfortunately, your knees are not ready for the outdoors! Chronic aching and/or sharp pain in the knees might make you think twice about going for a nice walk on a sunny day. This can be a sign of knee osteoarthritis, or OA, a progressive disease that will worsen if left untreated. The good news is that physical therapy can help both alleviate knee pain and stop the progression of knee OA. Targeted exercises can re-align the joint space and encourage the body to produce synovial fluid. Synovial fluid is the fluid within the knee joint that lubricates the joint and reduces friction between the knee bones. Did you know that active knee movement can actually help the body produce more synovial fluid?

Oftentimes, there are other joints that can increase the wear and tear on the knee joint. During the physical therapy evaluation, the physical therapist will assess the joints above and below the knee to figure out where this arthritis pain came from in the first place. You'd be surprised to find out how often an unstable hip or a stiff ankle can create compensations that affect the knees. Physical therapy also focuses on techniques to reduce pain during the times of the day when knee OA symptoms are at their worst. For some, that means addressing morning knee stiffness to get out of bed with less pain. For others, techniques for pain at the end of the day are incorporated to reduce pain to allow for a good night's sleep. If you are ready to enjoy your summer but your knees aren't cooperating, call Joint Restoration Center and Physical Therapy to schedule an evaluation today!

PHYSICAL THERAPY CAN HELP RESOLVE YOUR KNEE PAIN

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Joint Restoration Center, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Joint Restoration Center, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

WHAT ARE THE MOST COMMON KNEE INJURIES?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and includes sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some other common causes of knee pain include:

- **Arthritis.** The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation with varying levels of pain and dysfunction.
- **Cartilage Injuries.** There are two common cartilage injuries:
 - » **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
 - » **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.
- **Ligament Injuries:** Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion. The important ligaments in the knee include:

» **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.

» **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.

» **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideway motions.

» **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

- **Tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

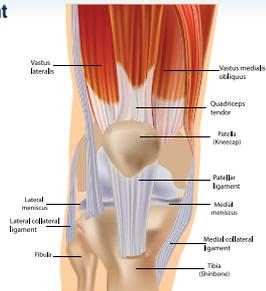
Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments – including exercises, manual therapy, and modalities – to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

CONTACT US TODAY!

If you are living with knee pain, contact Joint Restoration Center today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Sources:
<https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418>
<https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>



Healthy Recipe!

GRILLED CILANTRO LIME CHICKEN WITH AVOCADO SALSA

- 1.5 lb. boneless, skinless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp ground cumin
- 1/4 tsp salt

Avocado Salsa

- 4 avocados, diced
- 1/2 cup fresh cilantro, chopped
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

<https://www.joyfulhealthyeats.com/cilantro-lime-chicken-with-avocado-salsa/>



Avoid Knee Replacement with Our ARP

Scan to learn more!



HOME EXERCISE

KNEE EXTENSION AROM

Try this movement to stretch your knees.

Start by sitting up straight on the edge of a table with your legs hanging off. Slowly extend one knee all the way until your leg is straight without letting your back round. Then, allow your knee to bend back down. Repeat with your other leg. Continue alternating as directed by your physical therapist. Perform 3 sets of 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! 918.205.2608



Patient Success Story

"Very nice — they respectfully explain what they are doing on each step. I was about ready to back out but continued ahead and am glad I did.

I now have had three shots for the knee and after the first shot I could tell the difference.

The physical therapy has also helped. Chelsie and Christian are very nice."

— Clyde



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

Leave a review for our practice and help us connect with the community! Visit <https://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
& PHYSICAL THERAPY

JointRestorationCenter.com