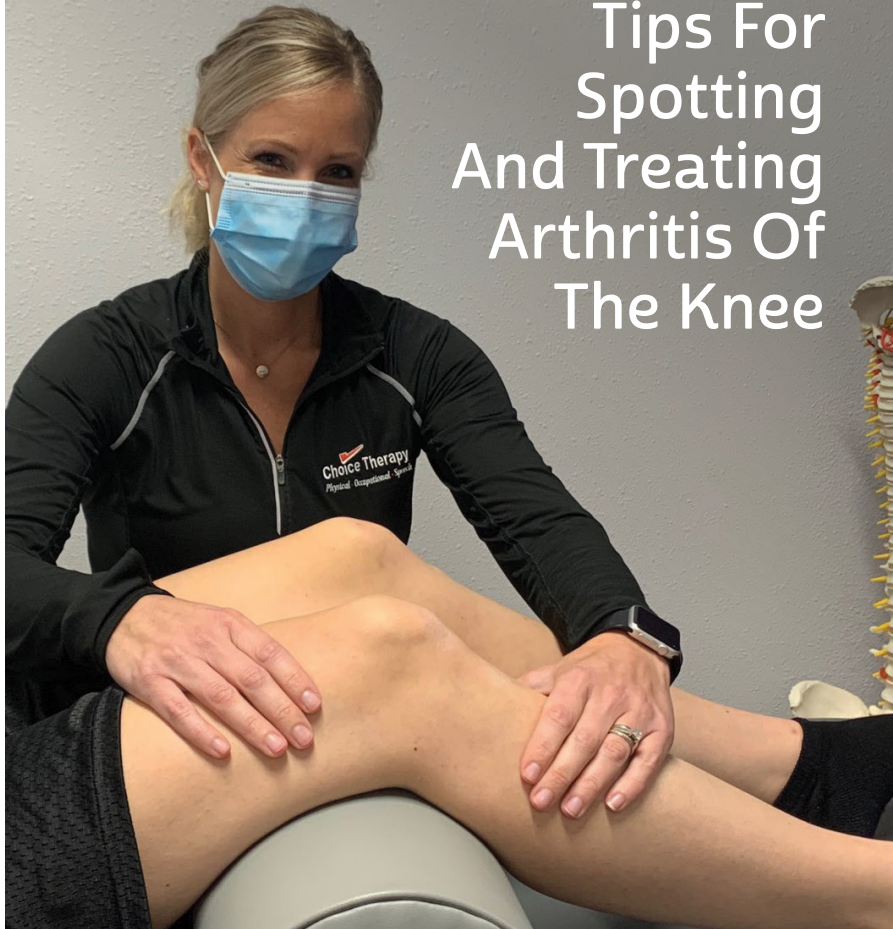


# Tips For Spotting And Treating Arthritis Of The Knee



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## Tips for Spotting and Treating Arthritis of the Knee

Have you started to notice that your knees seem to be getting bigger? Do you notice popping, clicking, or grinding sounds with certain movements? Does pain ensue when you bend, squat, or kneel? When you first wake up in the morning, do you notice that your knees feel stiff, achy, or painful?

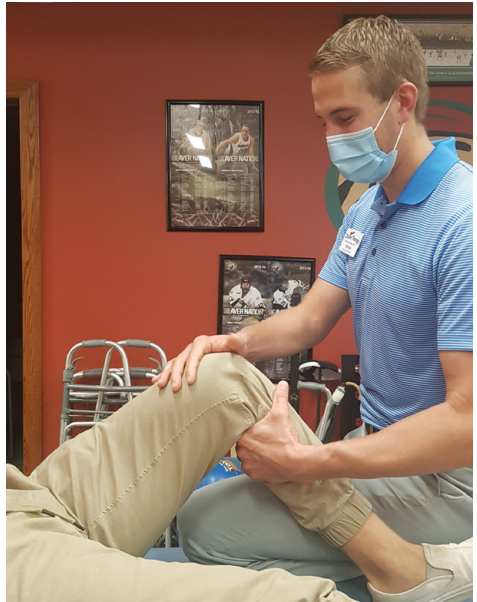
If you identify with any of these scenarios, you may be experiencing the effects of arthritis. The knees have two main fat pads, which reside just above and below the kneecap. These help to cushion the knee and assist with lubricating fluid flow around the joint. With arthritis, inflammation in the joint causes the fat pads to gradually thicken, choking the joint fluid flow. This leads to a vicious cycle of decreased lubrication, more "wear and tear", pain, and swelling.

If you have been living with stiff, achy, or painful knees, contact Choice Therapy 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.

### COMMON SYMPTOMS OF ARTHRITIS:

It can sometimes be difficult to determine if you are truly experiencing arthritic symptoms or if you simply have a joint that is tight or overworked. In addition to the aforementioned signs of knee arthritis, additional symptoms may include:

- Pain in the affected region, which may spread to surrounding body parts
- Stiffness
- Inflammation
- Muscle spasms
- Joint creaking, clicking, or popping sounds
- Increased pain with certain activities (such as work or physical activity)
- Decreased range of motion in the affected area
- Abnormalities in gait (such as limping)
- Swelling
- Weakness
- Warm sensation in the affected joint



If you have been suffering from any of the above symptoms and you are looking for relief, do not hesitate to contact us today, before your condition worsens. Arthritis is unfortunate, but with the help of Choice Therapy, it can be very manageable.



Visit [www.ChoiceTherapy1.com](http://www.ChoiceTherapy1.com) to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

# How Can Physical Therapy Treat My Arthritis?

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, studies show 60-70% of knee osteoarthritis patients can avoid surgery by getting physical therapy treatments first. Furthermore, physical therapy is actually 40 times less expensive than a total joint replacement – so it's at least worth a shot!

Physical therapy works by increasing the lubrication in your joints through improved joint motion, strength, balance, and coordination. The better lubricated your knee joints, the less friction and wear occur, thus reducing inflammation and pain. During knee treatments, our therapists work to improve your patella (kneecap) and joint mobility. This improves the mobility of the tissue around the joint, especially the fat pads. As a result, this leads to improved blood flow, joint lubrication, and decreased swelling.

## GET STARTED TODAY!

At Choice Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive their own personalized treatment plan, based on their specific needs. It is very common for the muscles that support the lower back, hips, and knees to become weakened from inactivity due to arthritis. Your physical therapist will guide you through targeted, goal-specific exercises, aimed at reducing inflammation, providing greater support to the joints, and



helping your muscles regain their overall strength.

Are you looking for fast pain relief, in addition to improved motion, strength, and the ability to do physical activities you thought were lost for good? Contact Choice Therapy 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:

Katz JN, Brophy RH, Chaisson CE, et al. Surgery versus physical therapy for a meniscal tear and osteoarthritis. *N Engl J Med*. 2013

<http://www.healthline.com/health/total-knee-replacement-surgery/understanding-costs#1>

## When To Use Ice & Heat For Pain Relief

When you've just sprained your ankle or pulled a muscle, all you want is some pain relief. If painkillers are handy, you probably pop a couple of them. If not, you ask for some ice... or was that heat instead?

To sort out this confusion, let's see what they really do. Both ice and heat relieve pain and help recovery.

### HOW TO USE ICE

Ice is useful when you want to reduce swelling. For example, your ankle balloons up after a sprain. This is because blood and fluid collect rapidly, making it both painful and stiff.

At this point, an ice pack helps to close off those tiny vessels. The blood flow slows down. Small nerves become numb, so the pain reduces. The muscles also relax. The inflammatory reaction is slowed down. As a result, your ankle is less swollen and painful.

Ice packs are very useful in bruises, strains and joint swellings. Use them for any acute swelling, over the first 24 to 48 hours (except back

strains). Ice helps later too, while exercising the limb. Our friendly therapists can show you how to make movements less painful and more flexible by using an ice pack just before or during exercise.



### HOW TO USE HEAT

Heat packs, bottles or infra-red lamps can be very useful if you have a muscle spasm or 48 hours after injury. Icing a muscle spasm contracts the muscle fibers, so they would hurt intensely. On the other hand, heat improves the circulation, soothes and relaxes the muscles by carrying away toxins and bringing in healing oxygen. Heat can comfort a back or neck strain, especially if it has been persisting for some time.

When you use a heat pack, wrap it in a towel and check the temperature so it doesn't burn the skin.

# Feel Better By Eating Better!

## LEFTOVER TURKEY SALAD RECIPE

- 1 cup leftover bread stuffing
- 4 tbsp extra-virgin olive oil
- ¼ cup leftover cranberry sauce
- 1 tbsp cider vinegar
- 1 tsp grated orange zest
- ¼ tsp salt
- ¼ tsp ground pepper
- 8 cups mixed salad greens
- 2¼ cups chopped leftover turkey
- 1 cup leftover roasted vegetables
- 3 tbsp dried cranberries

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.



## The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 440-1548

## Choice Therapy Specialties

*Treating Adults & Children*



**Physical Therapy** - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



**Occupational Therapy** - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



**Speech Therapy** - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

