

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



**MAKE 2022 YOUR
PAIN-FREE YEAR**



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PHYSICAL THERAPY

N E W S L E T T E R

WE CAN HELP YOU GET TO THE BOTTOM OF YOUR
UNWANTED KNEE PAIN



INSIDE:

- How Physical Therapy Can Help Your Knee Pain
- Win A \$50 Amazon Gift Card!
- Staff Spotlight
- Exercise Essentials



Physical Therapy Can Help You Resolve Unwanted 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 Pro-Active Physical Therapy, 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 Pro-Active Physical Therapy, 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 include sprained ligaments, cartilage tears, tendonitis, and arthritis.

To learn more about how we can help get to the bottom of your knee pain, contact us today!



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HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

Some common knee injuries 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 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.
- **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.

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- **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.

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.

Sources: <https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418> • <https://www.jospt.org/doi/full/10.2519/jospt.2018.0310>

Are you ready to get to the bottom of your knee pain? Contact ProActive Physical Therapy to schedule a consultation and get started today!

SHEET PAN CHICKEN & VEGGIES

- 4 boneless, skinless chicken breasts, trimmed of fat & lightly pounded to a relatively even thickness
- 3 tbsp extra-virgin olive oil
- 4 cloves garlic minced
- 2 tbsp chopped fresh rosemary
- 1 tsp ground cinnamon
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 4 c Brussels sprouts trimmed & halved, about 1 lb
- 1 lg sweet potato peeled & cut into 1/2-in cubes
- 1 med red onion cut into 3/4-in pieces
- 1 med Granny smith apple peeled, cored, & cut into rough 1-in pieces (these pieces should be larger than the other vegetables)

INSTRUCTIONS: Preheat the oven to 425° F. Place the chicken breasts in a large ziptop bag. Drizzle with 1 1/2 tbsp olive oil, then add the garlic, 1 tbsp rosemary, cinnamon, 1/2 tsp salt, and 1/4 tsp black pepper. Zip the bag tightly, shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day. Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with remaining 1 1/2 tbsp olive oil, sprinkle with remaining 1/2 tsp kosher salt and 1/4 tsp black pepper. Toss to evenly coat, then spread into an even layer. Remove the chicken from the marinade and place on top of the apple and vegetables. Roast in the oven until the chicken is cooked through and the internal temperature reaches 160-165° F, about 18-22 min. Once the chicken is cooked, remove to a plate to rest and cover with foil. Toss the apple and vegetables on the pan, return the pan to the oven and continue baking until caramelized and tender, about 10-15 min. Sprinkle with the remaining rosemary. Serve warm with the rested chicken.

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EXERCISE ESSENTIALS

Helps To Relieve Knee Pain.



IT BAND - STRETCH - SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



Patient Success Spotlight



"I am able to walk without any pain."

"Michael and Nick have done wonders for my back! There have been days that I can hardly walk, but after 2 or 3 sessions with them I am able to walk without any pain." - **R.P.**

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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		9	4	3					
						7			5
		1	8	6		5			7
6	9		5		3			2	1
7		5		9	2	4			
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				4	9	1			
	7	2	3						

CALL TODAY!

Staff Spotlight



Michael Johnson

Physical Therapist Partner and Director of all Clinics

Michael and his beautiful wife Gayla are current residents of Benton, AR. They have 2 beautiful daughters that he says he loves getting the out of the blue hugs and I love you from. In his free time Michael enjoys hunting, fishing, cooking and if you ask his wife getting on her nerves. One day Michael would love to be able to learn to fly and go on an elk or stag hunt in the mountains with his dad. Michael joined our team in January 2010, and became the director of our clinics in October 2010. He was made a partner in the company in January of 2018. Michael truly enjoys his job and the people he works with.

When asked what his favorite part of the job is he says:

"I love the day to day interaction with the staff, everyone that works here is like my family". - Michael



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WIN A \$50 AMAZON GIFT CARD!

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner!

Scan the QR code below to leave your review now.



This offer ends on February 28th 2022