

# NEWSLETTER

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## TIPS FOR SPOTTING & 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 Agility Physical 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 Agility Physical Therapy, it can be very manageable. **Give us a call today!**

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# *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 Agility Physical 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 Agility Physical 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!**

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# *WONDERING ABOUT YOUR ACHE OR PAIN?*

**Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!**

# 5 Tips To Diet Like A Professional Athlete

**1. Mind your greens.** For athletes the focus is almost always on carbs and protein. One provides the fuel, and the other provides the restorative power to heal our muscles and keep us training at a high level. Protein and carbs are important, but so are the minerals and vitamins that facilitate their delivery and help to process them. Eat vegetables at every major meal, and try layering your vegetables. Have two or three different veggies at a time.

**2. Crush some berries to boost recovery.** Want an easy way to reduce soreness? Accelerate your recovery efforts between sessions in the gym by crushing some blueberries. Eat 1-2 cups of berries a day to take advantage of these benefits.

**3. Use protein as the anchor for your meals.** As an athlete you already know the importance of crushing a fair amount of protein in order to keep your muscles recovering and prepared for battle. The lists of benefits of getting your protein in are substantial and are a bedrock part of the high performance athlete's diet. Adequate protein intake maintains muscle, improves recovery, might improve cognition and sleep.

**4. Take advantage of sleep to increase recovery.** Instead of using your sleepy time for solely catching up on your Z's, you can help charge the recovery process overnight by consuming some pre-bed, slow digesting protein. These protein sources before bed will turn what is an otherwise catabolic 8 hours into productive recovery, repair and growth. If you want to take it to the next level, plan a meal in the middle of the night.

**5. Prep your meals.** High performance athletes understand that periodization and preparation is everything when it comes to training. This kind of planning and evaluation should extend to the way you are fueling yourself. Do this by having your meals ready before you stumble in the door after a day of crushing workouts. Planning and prepping your meals ahead of time insures that you are making better choices. After a long day of up to 6 hours in the pool and the gym the last thing you wanted to do was prepare a meal. And so what happened? The convenience of the less healthy options almost always won out.

## FREE PAIN/INJURY ANALYSIS!

MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE MORE ENERGY • ENJOY ACTIVITIES PAIN FREE • BE STRONGER



CALL TO SCHEDULE A TELEHEALTH OR IN-CLINIC APPOINTMENT TODAY!

Offer valid for the first 25 people to schedule. Expires 8-15-21

# Healthy Recipe

## CHICKEN BACON BAKE-UP

### INGREDIENTS

- 6 slices bacon
- 6 tbsp. butter
- 6 tbsp. flour
- 3 c. whole milk
- 3 c. shredded cheddar
- 2 large heads broccoli, cut
- 3 c. shredded chicken
- 1 (16.3-oz.) can refrigerated biscuits
- 2 tsp. ranch seasoning

**DIRECTIONS** Preheat oven to 350°. Grease a 9"-x-13" baking dish with cooking spray. In a large skillet, cook bacon until crispy, about 8 minutes, then drain on a paper towel-lined plate. Wipe skillet clean. In the same skillet over medium heat, melt butter. Whisk in flour and cook until bubbly, about 1 minute. Gradually stir in milk and bring to a simmer. Cook until thickened, about 2 minutes. Whisk in cheese and cook until melted, 1 minute. Season with salt and pepper and stir in broccoli. Remove from heat. Spread broccoli mixture into the bottom of the baking dish, then top with chicken. Cut each biscuit into eighths and scatter on top of the chicken. Chop bacon into small pieces and scatter on top of biscuits, then sprinkle with ranch seasoning. Bake until biscuits are golden and cooked through, about 25 minutes.

## YOU DON'T HAVE TO LIVE WITH PAIN!



### DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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# Exercise Essentials

## KNEE EXTENSION

Lie on your back with knee slightly bent. Straighten knee by pushing the back of your knee toward the floor. Repeat as necessary.



## Patient Success Spotlight

**"I DIDN'T DARE HOPE FOR SUCH A GOOD RETURN TO MY FORMER ACTIVITIES... BUT IT'S BEGINNING TO SEEM POSSIBLE NOW"**

*"Thank you so much for all your hard work & patience pounding me back into shape after my knee replacements. I didn't dare hope for such a good return to my former activities (especially at my age) but it's beginning to seem possible now, thanks to you!" - A.H.*



**CALL TODAY! 941-484-8107**