

NEWS



LETTER

# TIPS FOR SPOTTING & TREATING ARTHRITIS OF THE KNEE

SEEK RELIEF TODAY

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# NEWS LETTER



## BE THANKFUL FOR PHYSICAL THERAPY'S TREATMENT OF 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 Ellis 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 Ellis Physical Therapy, it can be very manageable.**

# 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 Ellis 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 Ellis 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!**

## EXERCISE ESSENTIALS

*Flexibility, strength, and stability are needed to keep you loose and pain-free...Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.*

### SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.

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WWW.SIMPLESET.NET



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>



## Patient Success Spotlight

**"I dropped my 40 yard dash time 0.3 of a second and started dunking a basketball just a few weeks into the program!"**

"After years of hearing he's not fast enough, he can't jump high enough, he doesn't have that burst, I decided to do something about it. I stumbled upon FASTER and it changed my game. The next level technology provides a way to improve all those characteristics and reach a new level. I dropped my 40 yard dash time 0.3 of a second and started dunking a basketball just a few weeks into the program. It's helped me, it can help you!" - **D.M.**

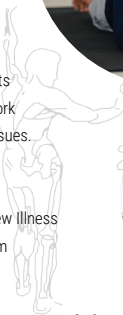
# AT HOME PHYSICAL THERAPY WITH THERAPY

**Ellis Physical Therapy** now provides a HIPAA compliant telemedicine platform for their patients. We now offer services at a distance and through video telecommunications in the comfort of the patient's home. Stay safe and healthy and continue your PT treatment at home with Teletherapy.

## Benefits of Teletherapy:

- No transportation time or costs
- No need to take time off of work
- Eliminate child or eldercare issues.
- On-demand options
- Access to Specialists
- Less Chance of Catching a New Illness
- Less Time in the Waiting Room
- Better Health

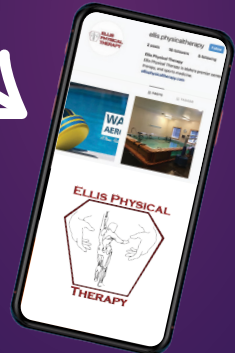
Visit <https://ellisphysicaltherapy.com/teletherapy/> today to schedule your teletherapy session today!



# FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients!  
Follow us today @ellis.physicaltherapy.



# HEALTHY RECIPE

## ITALIAN-STYLE STUFFED EGGPLANT

### INGREDIENTS

- 2 medium eggplant (1-1 1/2 lbs each)
- 2 tbsp olive oil, divided
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning, crushed

- 1/4 tsp salt
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 cup fat-free ricotta cheese
- 1/2 cup Parmesan cheese, finely grated
- 1/4 cup chopped fresh basil

**INSTRUCTIONS:** Preheat oven to 350 degrees F. Cut each eggplant in half lengthwise. Using a spoon and/or paring knife, scoop out the eggplant flesh, leaving 1/4-inch-thick shell. Set the flesh aside. Place the eggplant shells on a baking sheet. Brush 1 tablespoon of the oil over the shells. Bake 25 minutes. Meanwhile, chop the eggplant flesh. Heat the remaining 1 tablespoon oil in a very large skillet over medium heat. Add the chopped eggplant, garlic, Italian seasoning, and salt; cook and stir 5 minutes. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, covered, 10 minutes, stirring occasionally. Fill the eggplant shells with the tomato mixture. Spoon mounds of ricotta over each filled eggplant shell. Sprinkle with Parmesan. Bake about 15 minutes or until heated through. Sprinkle with basil.



<http://www.eatingwell.com/recipe/269863/italian-style-stuffed-eggplant/>



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