



## DON'T LET PAIN BRING YOU TO YOUR KNEES. PHYSICAL THERAPY CAN PROVIDE RELIEF!



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Therapy & Balance Centers

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# NEWSLETTER

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## DON'T LET PAIN BRING YOU TO YOUR KNEES. PHYSICAL THERAPY CAN PROVIDE RELIEF!



**FREE**

### KNEE PAIN REPORT

Whether you've just had an injury or you've suffered for years, learn simple yet powerful ways to ease pain and remain active.

Download here at:  
<https://229sr418.pages.infusionsoft.net/>  
or scan the QR code below.



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Our knees are tough, but injuries do occur. Serving as a bridge between the ankles and hips, the knee's primary role is to provide stability during weight bearing activities, such as walking. Problems occur when we lose stability, for instance, following an injury, or with advanced arthritis.

**David E. Ebbecke**  
PT, DPT, MBA, OCS,  
Cert. DN

If you're experiencing knee pain, call FYZICAL Manassas so we can get to the root of the problem before it worsens. It's especially important to get your pain under control now so you can enjoy the beautiful spring season coming our way. Our skilled therapists know how to pinpoint and target the source of your knee pain, and will have you feeling better in no time!

In the meantime, let's examine some of the causes that lead to knee pain, and how a physical therapist can help.

**Causes of knee pain.** Knee pain is a commonly treated condition at our clinic. It can arise from a variety of reasons, including:

- Muscular weakness/imbbalances
- Injuries involving the cartilage and ligaments ("sprains and strains")

- Tendinitis
- Arthritis
- Post-surgical (knee replacement, meniscus repair, etc.)

While the severity of the conditions (such as arthritis) may vary, many individuals find they can build and maintain excellent mobility, strength and agility, which enables them to function well. Many people with arthritis are able to enjoy an active, pain free lifestyle with the assistance of a physical therapist.

It may take a very long time, decades even, for a problem to surface. A big part of what our clinic focuses on with patients is helping them to understand the relationships between their various joints. If one body part is bothering you, that means there is most likely an underlying cause in a nearby body part. It also means that you will end up compensating because of the pain.

For example, if the ankle is stiff, compensation must occur in a neighboring joint. In many cases, the knee is affected. Regardless of the cause of your knee pain, there are steps you can take to help reduce (or even eliminate) it with physical therapy.

# SO, WHAT CAN I DO IF I HAVE KNEE PAIN?

FYZICAL Manassas therapists work closely with physicians, physician assistants and nurse practitioners to develop the best strategies for treating your knee pain. As physical therapists, we focus on impairments in your strength, mobility and balance/agility which can be driving the problem.

In this free report you can download (see QR code/link), I discuss strategies for addressing your knee pain that you can begin doing right away. These strategies include:

- Strengthening your hip and “core” muscles
- Improving your balance & agility
- Maintaining adequate muscle flexibility
- Avoiding exercises which may overstress the knees
- Gradually advancing exercises
- Utilizing proper footwear, especially while exercising
- Walking
- Gaining and maintaining full mobility in your knees
- For office workers, taking frequent standing breaks (every 30-45 minutes)
- Striving to maintain a healthy body weight

**How can physical therapy help with knee pain?** Physical therapy will help identify factors that are contributing to your knee pain.

**CONTACT US AT (703) 368-7343**



Whether you've pulled a muscle or are experiencing stiffness in your knees, our physical therapists will customize a treatment program designed to help you reach your goals. We understand how important it is for you to reclaim an active lifestyle, whether that's to walk your dog or to play 18 holes of golf once again.

Our physical therapy program can assist with postoperative treatment, too. We specialize in rehabilitation following joint replacement surgery as well as orthopedics procedures such as ACL and meniscus repairs.

From start to finish, we're dedicated to your ongoing wellness. We're here to help, and we have years of experience backing every therapy option. [Contact one of our providers today to discover a solution to your knee pain.](#)

## HOW TO AVOID ACES & PAINS WHILE GARDENING THIS SPRING

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- Warm up before you garden. A 10-minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.



- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Sources:

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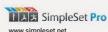
**Physical Therapist / President and Owner**

## Exercise To Do At Home

### Strengthens Lower Body

#### SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



## PATIENT SUCCESS SPOTLIGHT

“Fulkersons procedure on my right knee. Extreme amounts of pain with a complete inability to perform the activities I wanted. Extremely professional, great environment, got me exactly where I needed to be. I am so grateful for the time you guys put into my rehab process. Thank you!” - Benjamin K.



Schedule an appointment today! **703-368-7343**

## REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods of time comfortably
- Live an active and healthy lifestyle
- Walk for long distances

Who do you know that could benefit from therapy? If you know someone suffering with aches and pains, refer them to FYZICAL today. **Pass along this newsletter or have them call for a Free Pain Consultation.**

To: \_\_\_\_\_

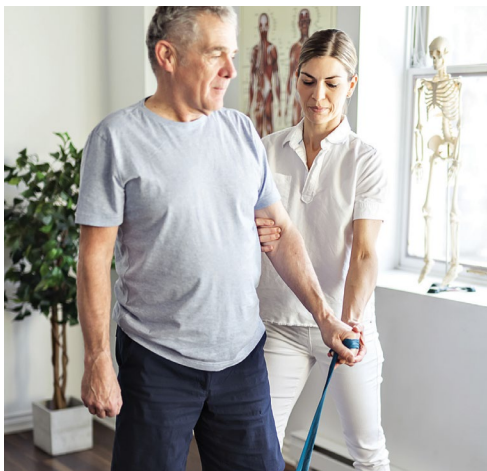
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## DIRECT ACCESS: YOU DO NOT NEED A DOCTOR'S REFERRAL TO SEEK PT

In the State of Virginia, a patient can seek treatment directly from a physical therapist without a physician prescription. Studies have shown physical therapists to be excellent diagnosticians of musculoskeletal problems, and that is why we have this privilege. Just as a chiropractor will communicate with your primary care or specialist physician, so too do physical therapists. This ensures a comprehensive approach to your care, not to mention saving you both time and money.

Once the diagnosis is made, a physical therapist will then design an individualized treatment plan.... your roadmap to recovery. There is no "one size fits all approach". Exercises to improve your strength, flexibility and balance are best done through a controlled, progressive program monitored by a physical therapist who specializes in knee care.

It is always my mission as a physical therapist to help patients achieve their personal goals. Whether it is sleeping through the night without pain, getting back to gardening, or completing



your first marathon, it is all about improving your quality of life. For this reason alone, don't rely on a DIY approach to solving your knee pain.