



# WALK AWAY FROM UNWANTED KNEE PAIN

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Do you experience pain with squatting, prolonged sitting, or climbing stairs? Are you living with persistent pain, swelling, or mechanical symptoms, such as catching and locking? Do your knees make it difficult to perform daily tasks that once seemed simple? If so, FYZICAL Travelers Rest can help you find relief.

(Continued Inside)



## WALK AWAY FROM UNWANTED KNEE PAIN

### What are some 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. Because of this, the knee can be easily injured due to overexertion or repetitive motions. Some common knee injuries include:

- **Arthritis.** The most common type of arthritis for knee pain is osteoarthritis. Osteoarthritis occurs when the cartilage surrounding your joints deteriorates from "wear and tear." This causes uncomfortable friction as the joint no longer has a sufficient cushion between the bone. Rheumatoid arthritis is another common cause of knee pain. This is a chronic autoimmune condition that causes the joints to become swollen and inflamed, with varying levels of severity.
- **Fracture.** A fracture occurs when one of the bones in the knee (including the kneecap, or patella) become damaged. Fractures are typically the result of some type of trauma, such as a harsh fall or collision.
- **Torn ACL.** An anterior cruciate ligament (ACL) tear occurs when one of the ligaments connecting your shinbone to your thighbone becomes torn. This is a common injury for athletes who participate in sports that are physically-demanding on the knees, such as basketball, track and field, or soccer.
- **Torn meniscus.** The job of the meniscus is to act as a shock

absorber between the shinbone and thighbone. It is made up of thick cartilage, but it can be torn if your knee twists too suddenly while weight is still being put on it.

- **Patellar tendinitis.** Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when one or multiple tendons become inflamed. The patellar tendon, located in the knee, typically becomes inflamed through repetitive jumping motions common in sports such as skiing, cycling, or hurdling.
- **Knee bursitis.** Bursae are small fluid sacs that act as cushions outside of your joints. Knee bursitis occurs when the bursae in your knee becomes inflamed, limiting the ability of your tendons and ligaments to move smoothly over the joint.



**KNEE PAIN?  
LOOK INSIDE  
TO SEE HOW  
INCREDIWARE  
CAN CHANGE  
YOUR LIFE!**

# HOW CAN PHYSICAL THERAPY HELP ME?

Our licensed physical therapists at FYZICAL Travelers Rest will examine your knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam is complete, your physical therapist will prescribe a physical therapy plan for you, aimed at relieving unnatural stresses and strains, and normalizing your joint function. Treatment plans for knee pain typically include:

- Activity modification and manual therapy to allow for appropriate offloading and healing. This may include joint/soft tissue mobilization, custom foot orthotics, over-the-counter bracing, or Kinesio taping in the short term, in order to reduce symptoms and open a window to symptom-limited exercise.
- Graded strength, dynamic stability, and capacity training targeting the quads, glutes, hamstrings, foot/ankle complex, and core. Strength training of the quads and glutes has been shown to be highly effective with regard to the reduction of pain, and it mitigates the risk of recurrence/flare-ups in the future.
- Restoring range of motion in the knee. A knee with a poor range of motion that is constantly flexed can cause persistent painful symptoms. Restoring range of motion will help it bend easier and ease the stress on the knee, thus relieving pain.
- Graded exposure to previously painful activities, as gains in strength, tolerance, and capacity allow.
- Education regarding activity modification and the role of the nervous system in pain.

## What can I do on my own to keep my knees healthy?

While physical therapy is the most effective form of treatment, if you are currently experiencing knee pain, there are some precautions you can take to lower your risk of developing unwanted knee pain and injuries altogether:



- Stretch your hamstrings, quadriceps, and adductor muscles each day. By keeping these muscles flexible, the forces on your knee joints stay balanced, which allows you to bend and rotate the knee.
- Keep the muscles around your hips and knees strong, especially the gluteal and quadricep muscles. Studies show that adults (especially those 55 or older) who have stronger gluteal and quadricep muscles tend to have less back pain and a greater ability to perform daily activities.
- Exercise regularly. While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from the joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight-bearing exercises, such as walking, running, or playing a sport. However, if you have arthritis, it is advised that you do activities with less of an impact, such as biking, elliptical machines, or aquatic exercises.

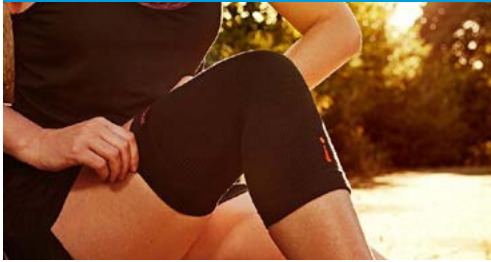
Let us help you get back on your feet so you can do what you love, improve your balance, and overall living!



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## INCREDIWEAR AT FYZICAL



**Incrediwear's wearable anti-inflammatory therapy is designed to increase circulation, relieve pain and swelling, restore mobility and accelerate recovery from injuries, Osteoarthritis and surgical intervention.**

Pain relief can be achieved as easily as wearing a knee sleeve consistently! At a fraction of the price of surgery, the Incrediwear Knee Sleeve is an effective nonsurgical treatment for knee pain. However, the results are best when the nonoperative pain management is done at early sign of the symptoms. Alternatives to surgery are preferred from both the patient and practitioner perspective. After years of trying to decrease pain it can feel like a patient's only option but it is possible to delay or could potentially replace the need for surgery altogether!

### The Science Behind the Fabric

Unlike compression products, Incrediwear products do not need to compress to work. Instead, our technology incorporates the semiconductor elements (Germanium and Carbon) within our fabric that release negative ions when stimulated by body heat. The negative ions activate cellular vibrations that increase blood flow and speed. Increasing circulation helps bring more oxygen and nutrients to the target area, which optimizes the body's natural healing process and accelerates post-operative recovery.

## Patient Success Spotlight



**"I have never been a "number" there!"**

"I have a chronic back problem and I have had other issues over the years. At first I tried a different physical therapy practice, but I was just a number or job and then my chiropractor told me about Brett. This was at least 10+ years ago. I have never been a "number" there. Everyone is professional, knowledgeable and friendly. While my situation cannot be resolved, they have made it so I can physically move around and I get some relief from the pain. The therapists and staff are a real asset to our Travelers Rest community. Thank you guys!" - **Helen P.**

## KC'S CORNER



Hi everyone and happy sweet summertime! Hopefully you've gotten to go on some trips to see friends and family finally! These months are pretty busy with everyone traveling and the weather being nice, we all love to be out and about! It's important to remember even if you are going out of town we can still help you get some exercises for you to do while you are away! "If you don't use it you lose it" applies to therapy no matter what you have going on. It is so important to keep up with the stretches and exercises but also to be consistent with them, otherwise your body goes back to hurting or gets weak! Don't let all of your hard work go to waste! I go up to New York around every time this year for my big summer trip. I love to swim, run and play hard but I always make sure I listen to my most favorite therapist, Brett (aka dad), to stay as happy and healthy as I can! Come into the office today, I miss you all! - **K.C.**

**FREE**

**FREE LASER  
THERAPY TRIAL**



**FYZICAL**  
Therapy & Balance Centers

CALL TODAY FOR A FREE  
LASER TRIAL!

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