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## TIPS FOR SPOTTING AND TREATING ARTHRITIS OF THE KNEE

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## TIPS FOR SPOTTING AND 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 Garber 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
- Swelling
- Weakness
- Decreased range of motion in the affected area
- Abnormalities in gait (such as limping)
- Increased pain with certain activities (such as work or physical activity)
- 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 Garber Physical Therapy, it can be very manageable.



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

**Call Garber Physical Therapy** to talk with your physical therapist today!

# 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 Garber 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 Garber 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!**



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>



[garberphysicaltherapy.com](http://garberphysicaltherapy.com)

## We're Still Serving You!



In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Because of this, Garber Physical Therapy will remain open and seeing patients during this time, while taking the necessary precautions to make sure everything is sanitary, and everyone is safe.

Your cooperation in this tough time is what makes us able to continue to provide valuable services to you and your family. We appreciate your ongoing support.

## Staff Spotlight Dawn Schimelfanck | PTA



I am from Connecticut. My husband and I have 2 grown children. I graduated from PTA school at Greenville Technical College in 2015. Prior to that I was an ultrasound tech and have a Bachelor's degree in Liberal Arts. Our family has been active with Special Olympics for several years. I love to read and learn new things.

# New Year, Healthier You!

Let Garber Physical Therapy help you reach your health goals this year!



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. **Let Garber Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.**

**Call us today to schedule your appointment!**



## Healthy Recipe *Rainforest Smoothies*

### INGREDIENTS

- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tbsp honey

### DIRECTIONS

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Source: <https://www.savoryonline.com/recipes/177717/rainforest-smoothie>

## Leave A Review!

*We Make It Easy!*



GREER  
LOCATION



SPARTANBURG  
LOCATION

### INSTRUCTIONS

1. Open your smart phone to the camera app.
2. Center the QR code above in the frame (*this will take you directly to our Google Review Page*).
3. Let us know how we did!

## Did You Know?

*We Can Also Treat:*

- Arthritis
- Auto Accidents
- Back Pain
- Chronic Pain
- Hand Pain
- Headaches
- Neck Pain
- Personnel Injuries
- Post-Surgical Rehab
- Sports Injuries
- Vestibular Pain
- Work Injuries