

The Top 3 Signs For Knee Arthritis

The technical term for knee arthritis is osteoarthritis of the knee. There are different types of arthritis but I'm just going to make it clear right now that I'm not talking about psoriatic arthritis, or rheumatoid arthritis, those are different conditions that affect joints. But osteoarthritis is the most commonly found type of arthritis in knees.

#1 Stiffness In The Knee

Especially when you wake up in the morning you have trouble bending or straightening it out. Or if you have been sitting for a long time, like if you have gone to the theater, or sat at home and watched a movie, or you have taken a long trip in the car, and when you get up, and your first few steps are a little rough, and your knee doesn't work that right. You may need to take a few steps or wait a few minutes to make sure that it moves more normally again. That is a classic sign of knee arthritis.



#2 Swelling

If you find that your knee is swelling, there is usually some pain associated with it, not always, but often times there is pain associated with that. Right around the knee cap, sometimes in the back of the knee, people will get pain behind the knee in this swelling type of situation. There is something that might develop in the back of the knee, called the "baker cyst", that looks like a massive swelling behind the knee. And most of the time, people have trouble bending the knee because the cyst is painful. That is usually related to knee arthritis as well.

#3 Loss Of Motion

If you look at both knees, one is more affected than the other, if you have trouble straightening one of your knees out, and, or bending that same knee all the way, it doesn't move like your other knee, that is another classic sign of knee arthritis. Most people that learn this information start to think **"I'm screwed! My knee is done! I'm just going to end up having surgery, its just a matter of how long can I hold out?"** I want to tell you that we have cases like this here in the clinic all the time! Where our patients regain their motion, stop swelling, and they feel great in the morning, where their knee feels like their other knee, and they literally feel younger, and more mobile, right when they wake up in the morning.

There are tons of causes of knee arthritis, its usually a combination of a joint problem, a cartilage problem, a muscle issue, a ligament or nerve issue, problems coming from the back, problems coming from the foot as well, and here in the clinic, we look at all of that to properly make a plan to reduce and possibly even eliminate the stiffness, the swelling, and all the problems that are associated with knee arthritis. It is possible, even if you had an MRI, or X-Rays that showed arthritis in your knee, it is possible to feel normal again despite arthritic like changes in your knee. And the reason for this is because when you restore everything else, the arthritis itself may not even be the main problem, causing your pain, or your limitation.

Common Client Concerns

"Will I need knee replacement surgery someday?"

"I feel like I'm losing sleep because my knee wakes me up at night..."

"My knee is stiff every time I stand up to walk and it makes me feel like an old person..."

"I don't want to start using a cane...like my parents..."

"I thought it would go away this time, but it's been getting worse..."

"I tried injections and pain medications but they only took the pain away for a while..."

"I've tried using knee braces and haven't found one that helps enough..."

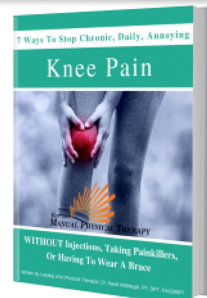
"Exercise and stretching didn't help, and sometimes it makes my knee worse..."



Grab Your Copy Of Our Popular Knee Pain Guide

Why put off NATURALLY treating your knee? You can request the "7 Ways To Stop Chronic, Daily, Annoying Knee Pain" right now.

Visit us at www.EpManualPhysicalTherapy.com or call us at **915-503-1314** to request your copy.



If you are looking for help for your knee arthritis problem, I strongly suggest you talk to a manual physical therapist, a specialist in handling these types of knee arthritis problems without having to deal with surgery, injections or pain medications. That, in my opinion, is the best way to make sure that you get long lasting recovery, and that you learn everything that you need to so that you can make the best decision on your own each day moving forward, and how to properly manage your knee.

I hope that we can be a part of your success story in getting rid of this knee arthritis, and getting your life back to normal, so that you can be on your feet as long as you want, go to the store, go up and down the stairs, kneel down on the ground, and do whatever it is you want with your knee, without having to worry about having a surgery, or getting injections, or having to rely on pain medications for it.

If you are interested in getting help by us, if you would like us to do the work for you, we would love to talk more about that. **Call us at 915-503-1314** and tell us all about your neck and shoulder problems.

We would be happy to speak with you and see if we are the best people to help you out in this situation.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast has officially launched!!!!

Episode 01—Introduction To El Paso Manual Physical Therapy And Your Host Dr. David

In this very first episode, Dr. David not only gives an introduction to who he is, his company El Paso Manual Physical Therapy, as well as his brand new show Stay Healthy El Paso, but he also talks more about Knee Problems. How it affects his patients as well his own personal experiences with knee problems and how he was able to get better without needing surgery.

Episode 02 – How Acupuncture can help with fertility problems – with Adrienne Ortega

In today's episode you will hear from our guest expert Adrienne Ortega as we discuss how Acupuncture can help women with fertility problems. She also introduces us to the topic of Acupuncture for those who are not familiar with this alternative modality.

Episode 03 - 8 Ways To Know If You Have Sciatica And 5 Tips On What To Do About It

In this episode, we will review 8 signs to look out for if you suspect you may have a sciatica problem. In addition, we will also covers 5 tips on what you can do about it today. Sciatica is the number one problem many people are suffering from. They don't always know if their problem is a sciatica problem, and if they do, they often don't know what they can do. Of course, surgery is the last thing on their mind, which is why we here at El Paso Manual Physical Therapy focus on treatment that will prevent surgery, injection or any other invasive treatment methods.



Our Featured Guest Speaker this month is Adrienne Ortega, owner of Alma Acupuncture, received her Master's degree in Acupuncture & Oriental Medicine from AOMA Graduate School of Integrative Medicine at Austin, Texas. She is a holistic licensed acupuncturist, Nationally Certified Chinese Acupuncturist, and Herbalist (NCCAOM), serving San Antonio and surrounding areas.

Adrienne has specialized experience treating women's fertility integrating Traditional Chinese Medicine with Western Medicine to collaborate with physicians, gynecologists, reproductive endocrinologists, midwives, and psychologists in order to provide the best care possible for my patients and their families. Her style of practice is a holistic approach to the whole person and not just treating the symptom. At Alma Acupuncture, Adrienne provides quality health care by improving the overall well-being of each person.

You can learn more about Adrienne at www.almaacupuncture-ep.com

Visit www.StayHealthyElPaso.com

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We're gifting a new 50 inch 4K Smart LED Roku TV (\$250 value)!!!

Put us in touch with your friend or family member that needs to get back to being active, healthy and mobile, while avoiding unnecessary surgery, injections and medications

When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.



Here are the rules for the raffle:

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.

The lucky winner will be drawn on Friday, May 1st, 2020.

One-Pan Fajita Dinner Recipe

Ingredients:
Serves 4

- 1 lb chicken or flank steak, sliced into strips
- 1 medium onion, sliced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1-2 tbsp olive oil
- 1 tbsp taco seasoning
- salt and pepper
- Optional toppings: avocado, sour cream, tomato, cilantro, cheese, jalapeno, etc.

Directions:

1. Pre-heat oven to 425 degrees F and lightly grease a baking tray.
2. Combine all ingredients in a bowl and mix well until meat and veggies are coated in olive oil and seasoning.
3. Evenly spread meat and veggies on the baking tray and bake for 15-20 minutes until meat is cooked to preference and veggies are tender.
4. Enjoy as is, or serve over lettuce, rice, or cauliflower rice!

(Source 310Nutrition.com)



Contact Us

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