

The Stay Healthy El Paso Newsletter August 2020



*We Help People In El Paso Keep Active, Mobile
& Healthy While Avoiding Unnecessary
Injections & Surgery*

The Top 3 Signs Of Knee Arthritis

Do you think you may have knee arthritis? Has it been getting worse and worse, as the day goes by, weeks, months, possibly even years? Are you concerned that you may need surgery some day? Maybe a doctor told you that you might need a knee replacement. Or maybe you had a parent or someone you know, with similar knee problems to yours and they had a surgery done, a knee replacement, or some other type of procedure.

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.

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.

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.

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. We have cases here in the clinic where our patients regain their motion, stop the 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, it's 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...

Do I need new shoes?

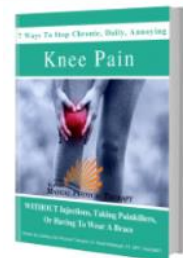
Will special shoe insoles help my knee problem?



Grab Your Copy Of Our Popular Knee Pain Guide

Why put off NATURALLY treating Knee Pain? 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.

If you think that we might be able to help you out with your knee arthritis problem, please call us at 915-503-1314 and ask about getting a **free** Discovery Visit.

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.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast latest episodes:

Episode 18: Why A Rotator Cuff Tear Happens & The 3 Phase Process To Naturally Fix It

If you are dealing with a rotator cuff problem or have in the past and worried it may return, in this episode we are going to talk about why a rotator cuff tear happens, and the three phase process to naturally fix it.

Episode 19: Why Do I Have A Neck Hump & The Top 4 Ways To Reverse A Neck Hump

We often get asked, "Why do I have this neck hump? What can I do to fix it?". This is a fixable issue and, in this episode, we are going to talk about what you can do to start fixing this issue so you can avoid the associated problems that come with this neck hump.

Episode 20: How Do Pinched Nerves Happen

In this episode I will shed some light onto what exactly a pinched nerve is, why does it happen, what it feels like to have a pinched nerve, and also go over a few treatment options to heal a pinched nerve in the neck or shoulder area naturally.

Episode 21: 3 Big Signs Of Tension Headaches

If you often, or frequently suffer from tension headaches, you may wonder, why does this keep happening and what can you do to stop these headaches from coming back. In this episode we will discuss the 3 biggest signs of a tension headache.



28 Day Knee Health & Wellness Boost Program Now Available!

The 28 Day Knee Health & Wellness Boost Program is designed for people with concerns about their knee health.

Specifically, it is designed to help people keep their knees healthy so that they have the best chance at avoiding unnecessary knee surgery, knee injection, or having to rely on pain medications in the future.

This wellness program guides people through exercises and stretches that target key body parts that have the greatest potential to prevent knee conditions like arthritis (osteoarthritis), meniscus tears, ligament injuries, cartilage problems, and many more knee conditions.

The people that will benefit from this program the most are those with a family history of knee problems, those that suspect they are at risk for knee injuries, or people that want to be sure to keep their knees healthy as they age. **Contact Us For Details 915-503-1314**

Visit www.StayHealthyElPaso.com

To schedule Your Free Discovery Session, Contact Us Today! 915-503-1314

We're gifting a new Samsung Galaxy Watch Active2 (\$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 Monday, August 31st, 2020

Slow Cooker Fajita Salsa Chicken

Ingredients:

- 2 pounds boneless, skinless chicken breasts or thighs
- 1–2 medium yellow onions, thinly sliced
- 1–2 medium bell pepper (red, yellow, orange or green), thinly sliced
- 1 16-oz jar or container salsa, divided
- ½ teaspoon salt
- Juice of 1 lime (about 2 tablespoons)

Directions:

1. Add the chicken, onions, peppers, about $\frac{2}{3}$ of the salsa, and salt to a 6-quart slow cooker, stirring to combine.
2. Cover and cook on high for 4 hours or low for 6, or until the chicken and vegetables are very tender.
3. Uncover and remove the chicken to a cutting board. Shred with two forks or cut into pieces.
4. Add back the chicken, the remaining salsa, and lime juice, stirring everything together. Taste and add additional salt, lime juice or salsa if you like



(Source: realfoodwholelife.com)

Contact Us

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