



Rehab. Recover. Get Your Life Back.

NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

FirstChoicePTNV.com



GET BACK ON YOUR FEET

WITH ANTERIOR KNEE PAIN RELIEF

FREE KNEE PAIN CONSULT

\$100 VALUE

Details Inside >

**1-1 EXAMINATION
& PERSONALIZED
TREATMENT PLAN**



Rehab. Recover. Get Your Life Back.

775-777-1276

FirstChoicePTNV.com

NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

INSIDE:

How Can Physical Therapy Help Treat Anterior Knee Pain? •
Healthy Recipe: Black Bean Tacos • FREE Knee Pain Consultation



MISSPELLED MANIA: CALL IN & YOU COULD WIN!

Find the misspelled word in this newsletter and call 775-777-1276 to be entered into our monthly drawing for your chance to win a \$25 gift card to support a local business and a FREE Back on Trac Session.

Get Back On Your Feet WITH ANTERIOR KNEE PAIN RELIEF



Over 50 million Americans deal with some sort of knee trouble, as the knees are the second most common injured joint. Therefore, it is essential to know what you can do to prevent knee troubles from even starting.

Anterior knee pain is a common type of knee pain that develops in the front and center of the knee. Some common symptoms of anterior knee pain include stiffness, muscle weakness, and difficulties walking, especially when climbing stairs or squatting. It is also common for the knee to "catch" or "lock" with anterior knee pain during certain activities, hindering movement.

Most all knee pain can be attributed to one of the following issues:

- Poor muscle strength.
- Imbalance of muscular strength, with some muscles feeling weaker and others feeling stronger.
- Poor muscle coordination.
- Poor biomechanics of walking and/or running.
- Lack of flexibility.

Many anterior knee pain conditions can be fixed with surgery; however, by consulting with a physical therapist early on, you can manage your

symptoms and avoid the need for an invasive surgery. Current literature suggests that conservative management focused on promotion of strength and dynamic stability is just as effective, if not more so, in short- and long-term relief, as compared to surgery for anterior knee pain.

What should I do if I experience anterior knee pain?

Many people try to push through the pain that they feel. However, this can actually cause an issue to worsen and become more problematic. Sharp or dull pain in the knee should be paid attention to and not pushed through.

While exercising, it is also important to make sure you are doing adequate warming up prior to exercising as muscles and tissues require internal lubrication to work properly. Warming up brings natural fluids to the area to help with lubrication, improving elasticity and function. In addition, make sure to properly stretch after exercising to ensure that flexibility is maintained.

**Call First
Choice!**

775-777-1276



HOW CAN PHYSICAL THERAPY HELP TREAT ANTERIOR KNEE PAIN?

Anterior knee pain can present itself in people who live both sedentary and active lives. It is common for patients experiencing anterior knee pain to report stiffness and fullness deep within the knee with bending motions. Common activities that lead to and exacerbate these symptoms include:

- Prolonged sitting.
- Going up and down stairs.
- Squatting.
- Prolonged walking/running.

Catching and locking of the knee can also lead to pain with rotational movements at the knee. If the knee catches and/or locks during your orthopedic testing at your initial appointment, that could be an indication that your pain may be originating from the meniscus.

Additional indications that physical therapy intervention is needed include difficulty performing certain functional tests, including difficulties with squatting, step up/down exercises, and single leg balance.

>> If you have been living with recurring knee pain or discomfort that has lasted for more than 3 days, it is in your best interest to see a specialist. At First Choice Physical Therapy, our physical therapists are experts in joint movement and function.

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception, in order to get to the root cause of your anterior knee pain and treat it accordingly. An individualized treatment plan will be created specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

Are you ready to kick your anterior knee pain to the curb? Contact First Choice Physical Therapy today to get started.



Rehab. Recover. Get Your Life Back.

775-777-1276



HEALTHY RECIPE *BLACK BEAN TACOS*

Ingredients:

For the beans:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika

- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

For the tacos:

- 8 hard corn taco shells
- 4 oz Hass avocado
- Pinch kosher salt
- Juice from 1/2 small lime
- Ground black pepper, to taste
- ½ c shredded cheddar cheese
- 1 plum tomato, diced
- 1 c shredded romaine lettuce

Directions: Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

<https://www.skinnytaste.com/black-bean-tacos/>

THIS SUMMER, SAY 'NO MORE KNEE PAIN'! CALL 775-777-1276 OR VISIT FIRSTCHOICEPTNV.COM



6 TIPS FOR COMFORTABLE GARDENING

1. Warm up before you garden. Try stretching your back and limbs and going for a brisk 10-minute walk.
2. Change positions frequently to avoid stiffness or cramping.
3. If kneeling on both knees causes discomfort in your back, try kneeling on one with the other foot on the ground.
4. Use knee pads or a gardening pad when kneeling.
5. If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
6. End your gardening session with some gentle, light stretching.



MAKE US YOUR FIRST CHOICE FOR KNEE PAIN RELIEF!

Our treatments at First Choice Physical Therapy can help you understand and greatly reduce your knee pain. In many cases, PT can even relieve your pain all together, sparing you the need for potentially harmful medication or surgical correction.

First Choice physical therapists will examine your knee(s) for signs of misalignment, arthritis, or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam is complete, we will prescribe a physical therapy plan for you, aimed at relieving unnatural stresses and strains, and normalizing your joint function.

For a limited time, we are offering FREE Knee Pain Consultations. If you or a loved one deals with knee pain and is hoping for a natural, healthy solution, call our clinic today at 775-777-1276.



WHAT OUR PATIENTS SAY



“ I would highly recommend any therapist in this office.”

“My experience with First Choice Physical Therapy has been very helpful. The front desk staff are always very pleasant. My therapist has been amazing, and I would highly recommend any therapist in this office.

They are all very caring, encouraging, and very knowledgeable. They also have a good sense of humor to add a smile on your face. Thank you staff!”

— B.T.B.

REDEEM THIS COUPON FOR A

FREE KNEE PAIN CONSULTATION



Rehab. Recover. Get Your Life Back.

\$100 VALUE. CALL TODAY!

Contact our office now at 775-777-1276 to schedule!