



HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS

Read more inside on How Physical Therapy Can Help Arthritis,
3 Tips To Improve Nutrition In The Fall, and a Healthy Recipe!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS



- Have you started to notice that your knees seem to be stiff and sore?
- Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs?
- Are you experiencing pain that is worse in the morning but disappears throughout the day?

You could be living with arthritis.

At Darien Physical Therapy, you can find solutions to your arthritic pain and get back to living the life you enjoy!

Osteoarthritis is the most common type of arthritis and is known to cause a gradual breakdown of cartilage in the joints. Over time, the condition will typically worsen, leading to inflammation, more pain, and loss of motion in the joints. While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function.

If you live with stiff, achy, or painful knees, contact Darien 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(s).

What Type of Arthritis Affects the Knee Joint?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s).

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

There are also physical risk factors associated with increased knee osteoarthritis, including:

- Injury to the joint
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- High flexor muscle weakness and knee osteoarthritis



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!



HOW PHYSICAL THERAPY CAN HELP KNEE ARTHRITIS

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint
- If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

How Physical Therapy Can Help Arthritis

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

Your knee treatments will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

Get Started Today!

At Darien Physical Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us 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:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>
<https://pubmed.ncbi.nlm.nih.gov/25785564/>



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3 TIPS TO IMPROVE NUTRITION IN THE FALL

What do you think of when you hear the word fall? Crisp refreshing days? Bonfires and changing leaves? Pumpkin carving? What if you were to focus on your nutrition this fall?

The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, and high cholesterol all increase the risk of heart disease and other cancers.

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Darien Physical Therapy, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.



When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Darien Physical Therapy today. We can help you develop an exercise and nutrition plan that works for your needs.



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our [Google Review page](#)? We make it easy; just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



TURKEY PUMPKIN CHILI RECIPE

- 2 cups chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese
- sliced radishes
- fresh cilantro leaves

In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine. Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.

Source: goodhousekeeping.com/food-recipes/a14898/slow-cooker-turkey-pumpkin-chili-recipe-wdy0115

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!