



**ELEMENT**  
PHYSICAL THERAPY · AUDIOLOGY  
*We are the Balance and Hearing Experts*

**NEWSLETTER**



# IS YOUR KNEE PAIN ARTHRITIS?

FIND OUT HOW  
PHYSICAL THERAPY  
CAN IDENTIFY AND  
TREAT IT —  
NATURALLY

**ALSO INSIDE**

**4 Tips For Dealing With Arthritis  
In Cold Weather**

**Healthy Recipe**



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# NEWSLETTER

## IS YOUR KNEE PAIN ARTHRITIS?

FIND OUT HOW PHYSICAL THERAPY  
CAN IDENTIFY AND TREAT IT —  
NATURALLY.



**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 Element Physical Therapy & Audiology 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 Element Physical Therapy & Audiology 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

*Continued inside.*

**DISCOVER HOW OUR TEAM OF SPECIALISTS AT ELEMENT PHYSICAL THERAPY AND AUDIOLOGY CAN HELP YOU WITH YOUR ARTHRITIS KNEE PAIN. CALL (406) 220-5362 TODAY FOR AN APPOINTMENT!**

# IS YOUR KNEE PAIN ARTHRITIS?

## FIND OUT HOW PHYSICAL THERAPY CAN IDENTIFY AND TREAT IT — NATURALLY

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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

### COMMON SYMPTOMS OF 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.

**At Element Physical Therapy & Audiology, 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!**

**(406) 220-5362 | [elementpt.com](http://elementpt.com)**

## HEALTHY RECIPE

### PUMPKIN SOUP

#### INGREDIENTS:

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

**DIRECTIONS:** Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



**406-220-5362**

**Call Element Physical Therapy Today or visit our website at [elementpt.com](http://elementpt.com) to schedule your consultation today!**

# 4 TIPS FOR DEALING WITH ARTHRITIS IN COLD WEATHER

1. No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
2. You may be able to work out longer in cold weather—which means you can burn even more calories.
3. It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
4. Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

## EXERCISE ESSENTIALS

### SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times



*This simple exercise helps strengthen your core.*



## A NOTE FROM AMY

### Tips to Help Prevent Holiday Stress

Hello Friends,



*Do you find yourself stressed out around the holidays, anxiously running through a seemingly endless list of tasks? The holidays should be a time of celebration, not a source of stress.*

*If you need some extra assistance this season, check out our list below of 4 ways to prevent holiday stress.*

1. **Start planning early** — Plan your holiday now, don't wait until the last minute!
2. **Make a budget** — Make sure you know how much money you have to spend on presents, food, or decorations.
3. **Get a planner or calendar** — Use this to organize your activities and ensure that everything is taken care of.
4. **Keep a calm head** — Remember, this is supposed to be fun! If things start getting stressful, take a break from it all and come back when you're feeling better. Deep breathing exercises and mindfulness activities can help you to cool down in a pinch.

All the best,  
Amy Downing,  
PT, Owner, Emory Certified Vestibular Specialist

## COME BACK TO PT!

# ARE YOU IN PAIN?

**Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!**



**Call (406) 220-5362  
OR Scan the QR code below  
to make an appointment.**

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