



B.E.S.T. PHYSICAL THERAPY NEWS

B.E.S.T. Physical Therapy

is proud to present a **FREE** lecture given by

Dr. Kier Ecklund

Camino Medical Group

Common Shoulder Injuries.

Wednesday, September 1st at 6:30 pm.

B.E.S.T. Physical Therapy in Cupertino.

Call 408-257-2225 or email bestpt@bestphysicaltherapy.com to RSVP
Attendees for this lecture will be eligible to win 2-weeks of Core Class **FREE!**

Mark your calendar for a **Knee Injury Lecture** on **October 20, 2010.**



We never really appreciate something until we no longer have it. That's particularly true of our knees. Every year millions of Americans experience pain in their knees: some from sports injuries and some from normal wear and tear. The good news is that knee pain can be avoided or at least minimized with a little effort.

The first suggestion is to maintain a healthy weight. It makes sense that the more we weigh, the more strain we put on our weight-bearing joints such as our knees, hips and ankles. According to the *Journal for Arthritis and Rheumatism*, for each pound of weight you lose, there is a four pound reduction in the load placed on the knee with each step. That really adds up quickly!

The second suggestion is to start doing some kind of exercise. Most people with joint pain assume they cannot exercise, but certain forms of physical activity actually makes our joints work and feel better. One might want to avoid activities that include running or jumping as these create a large impact upon landing and may exacerbate an inflamed, painful joint. Generally, safer knee strengthening programs would include aquatic therapy, bicycling, elliptical and other activities that help to strengthen the quadriceps, which is the large muscle group in front of the thigh.

Squatting exercises can help tone the thigh muscles which help stabilize the knee, but they need to be done correctly to avoid knee joint irritation. During the squat, the athlete should:

A. Limit the squat to pain free motion

B. Keep the hips back so as not to let the knees bend in front of the toes during the squat

The third suggestion is to consult a physical therapist for proper exercise instruction. Patients that receive conservative medical care early and perform their assigned programs with good compliance are generally known to feel better, and realize more function in their daily lives. Also, conservative care tends to be less expensive than surgical alternative.

Some problems require surgery in order to achieve the desired effects. Today's surgical advances can have a patient back on their feet and climbing stairs in a matter of weeks!

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