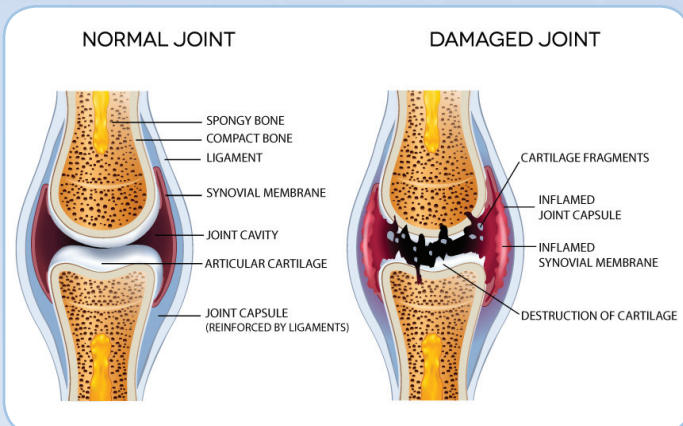


Know your Knee: Love it or List it?



With joints, especially your knees, it can be a difficult choice as to whether you love it or list it and go with a knee replacement. You should not ignore the pain; after all, your knee is the largest joint in your body and having healthy knees is essential to performing everyday activities.

A knee replacement, also called "knee arthroplasty" should be called "resurfacing" because only the surface of the bones are actually replaced. The most common cause of knee pain is arthritis, specifically: osteoarthritis ("wear and tear" of cartilage that cushions bones of the knee), rheumatoid arthritis (disease that causes chronic inflammation that can damage cartilage), and post-traumatic arthritis (from an injury/trauma to the knee). The procedure itself includes four basic steps:

1. Bone Preparation - damaged cartilage surfaces at the end of the femur and tibia are removed
2. Metal Implant Positioning - removed cartilage is replaced with metal components
3. Resurfacing the Patella - underside of the patella (kneecap) is cut and resurfaced, some surgeons do not resurface depending upon individual case
4. Spacer Insertion - medical-grade plastic spacer is inserted between metal components to allow for smooth, gliding movements

Total knee replacement surgeries have been performed for almost 50 years. Improvements in surgical materials and techniques have greatly increased its effectiveness. Total knee replacements are one of the most successful procedures in all of medicine.

There are many things to consider when you opt-in for a total knee replacement:

- How long will the recovery period take?
- Is pain preventing me from doing what I need/want to?
- Is there a way I can manage the pain without surgery?

For most total knee replacement candidates, recovery from surgery lasts approximately 12 weeks. This period can be extended, or reduced, based on your physical condition prior to surgery and how well you follow your physician's recommendations. A way to reduce your post-op recovery time is to complete a few weeks of physical therapy prior to your surgery. By doing this, you will strengthen your supporting muscles and essentially prepare your knee for surgery.

Knee replacement is a routine surgery performed on more than 600,000 people worldwide each year. More than 90% of people who have had total knee replacement experience an improvement in function and a considerable decrease, if not complete abolishment, of pain.

– US Department of Health and Human Services

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855-**HQPT**-4-ME
to schedule your **free consultation** or **training session!**

Exercise Essentials | Easy Knee Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



**Anterior Knee Glide
- Self Mobilization**

- While lying on your back, bend your knee over a small rolled up towel.
- Next, gently pull your lower leg into a more flexed position at your knee with your hands, until you feel a slight resistance in the knee. Now extend your leg for a few seconds and repeat.
- Hold for 10 seconds, repeat 10 times, once a day.



**Seated Heel Slides
With Towel**

- While in a seated position place your foot on a small towel.
- Slowly slide your foot closer towards you.
- Hold a gentle stretch and then return foot forward to original position.
- Hold for 3 seconds, repeat 50 times, once a day.

(Pictures copyright of HEP2Go)

HomeTown Trivia....

How many international seaports are there in Michigan?

Visit **www.HQPT.com** and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on April 30, 2015)



*Congratulations
to our March
HomeTown Trivia
winner:
Nicanor A.
-Warren!*

Patient Results....

"I had difficulty standing, walking and was in constant pain while doing everyday activities. After weighing my options, I elected for surgery and it was the best decision I've made. With the help of PT before and after, my surgical results gave me life again. I've completely regained flexibility, strength and I can even play tennis again!"

Amy F.
- Lake Orion



Ask the Therapist...

Question: What could be causing my knee pain?

Answer: Knee pain can be caused by many things depending on whether a recent injury occurred or gradually worsening pain over time. Pain and stiffness caused by arthritis, or wearing away of the cartilage in the knee joint, typically is worse after periods of inactivity such as sleeping or sitting. It can also be aggravated by excessive activity, such as going for a very long walk. Without cartilage, the highly sensitive bony areas of the joint rub together causing pain to occur. In some cases, the knee pain is worsened by poor lower body alignment and foot position.

Question: How do I know if I should try physical therapy or if a knee replacement is my best bet? My time is valuable; I don't want to waste it!

Answer: The best way to determine if physical therapy would work for you is to consult with a physical therapist. A physical therapist can evaluate your knee, assess your physical limitations and discuss whether physical therapy or knee replacement would be right for you. Most surgeons advise replacement candidates to try physical therapy before undergoing a replacement procedure.



This month's 'Ask the Therapist' is brought to you by Heather Asti. Heather started her career with HealthQuest in 2005 after graduating from Wayne State University and is now the Director of the Rochester Hills location.

Her interest in PT was sparked after experiencing a running injury, which provided her with first-hand experience for what PT can do. Heather has dedicated her career to growing, learning and educating herself and her staff. She has continued education and certifications in orthopedics, with special interest in rehabilitation of the shoulder, athletics, women's health, and prenatal and postpartum care.

On days she's not educating her staff, running the clinic, or treating patients you'll find her on the golf course with golf partner and husband, Trevor, or with her nose in a new book. Heather is dedicated to providing superior quality care and providing a positive, friendly environment for her patients and staff.



Share the Gift of Good Health!

Mention us to family & friends and for every new patient you refer, we will send you a \$25 gift card...our way of saying THANKS!



HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS
1773 Star Batt Dr., Rochester Hills, MI 48309

Presorted
Standard
U.S. Postage
PAID
Pontiac Mailing
Service

**ARE YOU READY TO
TRADE IN YOUR KNEE?**

We Can Help!

Get Fit With HQ!

After you're done with therapy, the fun begins with our Get Fit Program. Staying active has many benefits. This program provides you with a seamless transition from therapy to fitness. You will receive guidance from the team you trust, who already know your case and limitations. The program is completely individualized for any fitness level. One FREE month of fitness is our gift to you!

- Upon completion of your physical therapy, you have a week to complete a FMS (Functional Movement Screen), which is similar to your initial evaluation. This gives your fitness expert a baseline of your ability.
- Next, sign up for our FMTP (Foundational Movement Training Program). These are classes designed around your FMS results as well as goals you determine with your trainer.
- After completing the FMTP program, you receive UNLIMITED fitness classes during the remainder of your FREE month. Your month begins at your FMS. The sooner you get through the FMTP, the sooner you can GET FIT!

Staying active has many benefits! Even if you're not currently a patient, you can still take advantage of our FMTP program! Call today and get started!

Call us toll free TODAY to schedule your FREE FMS!

1-855-HQPT-4-ME



10 LOCATIONS TO SERVE YOU

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

www.**HQPT**.com