



Know Your Knee

Each year, over 10 million people travel to medical experts due to knee injuries. From fractures to dislocations, and sprains to ligament tears, the knee is one of the most commonly injured parts of our bodies. The knee is the largest joint, and one of the most complex; the more complex a body part is, the more likely it is for something to go wrong. The knee is made up of four main parts: bones, cartilage, tendons, and four large ligaments.

The ligaments in your knee are made up of connective tissues that act like ropes to connect all your bones together and provide stability and control. These four ligaments are:

- **Anterior Cruciate Ligament** - The ACL connects your thighbone (femur) to your shinbone (tibia). This is the most important and most vulnerable ligament in your knee. ACL injuries are most common in athletes, especially soccer players, basketball players, and gymnasts. Women are 5 times more likely than men to experience an ACL injury due to structural differences in musculature and different hormone compounds.
- **Posterior Cruciate Ligament** - The PCL is responsible for holding your tibia in place. It works closely with the ACL to keep the shin from sliding too far backward or forward. The most common injuries to the PCL actually occur in car accidents. The "dashboard injury" occurs when your shin hits the dashboard on impact, and will often feel like your knee has "popped out of place."
- **Medial Collateral Ligament** - The MCL is on the inner part of your knee and also connects your femur to your tibia. This ligament keeps your knee from bending in an awkward lateral direction. MCL injuries typically occur when the outside of your knee is struck and the MCL is forced to stretch too far to accommodate the force.
- **Lateral Collateral Ligament** - Your LCL is on the outside of the knee and connects your femur to the smaller bone in your lower leg, the fibula. This ligament helps to control side-to-side movement. The LCL is most commonly injured during traumatic sports injuries.

Because all of these ligaments work together to help you move with stability, it is often common to injure more than one of them at a time. These injuries are known as complex injuries. In some cases, ligament injuries can heal on their own with a little help from the RICE method (Rest, Ice, Compression, and Elevation), but in most cases, and especially with complex knee injuries, rehabilitation will require surgery.

At **HealthQuest**, our therapists are trained to diagnose and treat even the most complex knee injuries at every stage in your recovery process. Whether you are pre-surgery, post-surgery, or trying to avoid surgery, we can help. Call today to schedule your free consultation to see how we can help you get back to the things you love.

"ACL injuries account for over 40% of all sports injuries, but with the proper rehabilitation program, it is possible to return to the field."

- The National Health Service, 2013

Quote

OF THE MONTH

"The secret of getting ahead is getting started."

— Mark Twain

If you are experiencing knee related pain, call us today to schedule your FREE Consultation with a physical therapist! Call us Toll Free at 1-855-HQPT-4-ME

Home Exercise Program *Easy Knee Exercises*

QUAD SET - TOWEL UNDER KNEE

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Perform 3 sets of 10 repetitions.
Hold each rep 5 seconds and repeat 3 times per day.



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SEATED HEEL SLIDES WITH TOWEL

While in a seated position place your foot on top of a small towel with your leg straight. Then, slowly slide your foot closer towards you.

Hold for 10 seconds and then return foot forward to original position.
Do for 10 minutes 3 times a day.



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

HealthQuestion

Who has hit the most lifetime homeruns as a Tiger?

Visit www.HQPT.com, and click on the **HealthQuestion** button on the left hand side of our home page. If you answer correctly, you will be entered in a drawing to win a **\$100 Gas Card!** *Contest closes on May 31, 2014.*



Congratulations to our April HealthQuestion winner, Cynthia, From Holly!

Results...



When I started therapy I was experiencing sharp pain in my knee at night that would wake me up from a sound sleep. I did not realize how weak I was until I started therapy exercises. In a short period of time and therapy I have gained strength and my pain and swelling have reduced significantly! The staff at HealthQuest is wonderful! They are very knowledgeable, professional and even more importantly they are friendly.

~ Robin, Clarkston

Ask the Therapist...

SHARE THE GIFT OF GOOD HEALTH

Mention us to your family and friends, and for every new patient you refer, we will send you a \$25 Gift Card... Our way of saying Thanks!

Question: I was recently in a car accident and now my knee feels like it has a mind of its own; what would you recommend as a course of action?

Answer: If this were a Free Consult, I would perform special tests on your knee to see if there was any ligament or cartilage damage. If I found any damage to one of your ligaments or cartilage, I would refer you to an orthopedic surgeon for an MRI. Regardless of the results of the MRI, I would encourage you to seek treatment in physical therapy so we could reduce your symptoms (like pain and swelling), improve your range of motion, strengthen your knee's supporting body parts (like your thigh, calf, and ankle) and promote better foundational movement so you can have a successful return to sport, work, and/or daily activities.

Question: I twisted my knee and fell while playing basketball. My doctor said I tore my ACL. How long will it take me to recover? Will I ever be able to play again?

Answer: Successful ACL surgery usually takes anywhere from 4 to 6 months to fully recover and return to everyday life activities. This is the standard timeframe we usually see patients at HealthQuest. A return to high intensity competition can sometimes take up to a full year. The duration of recovery will vary from person to person, dependent amount of strength you had in your supporting muscles prior to surgery.

This month's Ask the Therapist is provided by Brian Jones (pictured at left). Brian spent two years of cramped days and nights in a cubicle as public accountant, before he decided that he no longer wanted a career in a sedentary field. In college and high school, he ran cross-country and track. His interest in running, along with his interest in anatomy and sports-related injuries, lead him to a career in physical therapy. As a runner, Brian has extensive knowledge of knee injuries, especially those as a result of sports mishaps. Brian now is the clinical director of HealthQuest in Clawson alongside Steve Rabaut (also pictured). Brian and Steve have recently teamed up with HealthQuest once again to bring you Stars and Stripes CrossFit, which takes a new approach to fitness by combining cardio and strength training to promote as much movement as possible during your work out. Stars and Stripes CrossFit, as well as Brian, Steve, and the whole team at Clawson remain committed to Helping People Live Life Well.





Is your knee pain holding you back?

See inside; We can help!

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS
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We want you on our team! Real Training for Real Life

We are pleased to announce that Stars and Stripes CrossFit is now officially open!



Melissa Szkola, Lead Trainer

Stars and Stripes CrossFit emphasizes functional movements that you likely do in your everyday life. By performing these movements at high intensity, you're not only increasing your strength and stamina, but improving your endurance and overall body health at the same time, while minimizing the risk of injury due to improper form.

For more information, visit our website or call:

248.457.5342



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
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New Baltimore
(586) 436-3900

Oxford
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Rochester Hills
(248) 650-4404

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(586) 336-4022

Shelby Township
(586) 532-9602

- Also offer select services including:
 - Functional Movement Screening
 - Body Composition Testing
 - Sport Specific Training Programs
 - Boot Camps
 - Fitness Classes

www.StarsAndStripesCrossFit.com

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