



Get A Leg Up On Knee Pain

So much of what we do depends on the overall health of our knees. They are often the first joint in line for replacement, one of the most common joints injured in sports, and one of the joints with the most responsibility in our bodies. Knee pain is serious business, and it's important to always be on the lookout for warning signs of ailments such as anterior knee pain.

Often referred to as 'Runner's Knee' or patellar tendonitis, anterior knee pain is pain at the front and the center of the knee. Your knee cap has been assigned the task of protecting the tendons and the cartilage that are behind it, but sometimes,

the knee cap does not move properly over the tendons. This causes irritation, pain, and inflammation.

Anterior knee pain is a non-discriminatory ailment, affecting people of all ages, weights, and lifestyles alike. It is more common in people who are overweight, as well as adolescents who are runners, skiers, jumpers, cyclists, and soccer players. Anterior knee pain can be caused by flat feet, poor knee cap alignment, tightness, or weakness of the thigh muscle, overexertion from too much activity, arthritis, or a knee cap injury. This particular form of knee pain often presents as a dull, aching pain. The pain will increase with deep knee bends, running, or standing up after a prolonged seated period.

As with most injuries, initially, you can control your pain with R.I.C.E. (Rest, Ice, Compression, and Elevation). However, your best chance of preventing further injury will result from a few visits to a physical therapist.

At **HealthQuest**, we specialize in both injury prevention and the treatment of anterior knee pain. When you call us, we will work with you to design a treatment plan to suit your needs – whether you have flat feet, muscle weakness, or arthritis, we have all the tools we need to get you back to your daily activities.

Patellartendonitis experienced by over 2.5 million Americans.

- Orthopedic Journal of Sports Medicine, May 2009

Quote

OF THE MONTH

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

- Helen Keller

**If you are experiencing
KNEE PAIN**

**call us Toll Free at
1-855-477-8463 to
schedule your
FREE Consultation!**

Exercise Essentials

Easy Knee Exercises



CLAM SHELLS

While lying on your side with your knees bent and together, lift your top knee up, keeping your ankles together. Do not let your hips roll forward.

Perform two sets of ten, twice daily.

BRIDGING

While lying on your back with your knees bent, lift your hips and abdomen off the ground. Hold for three seconds

Perform two sets of ten, twice daily.



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

HealthQuestion

What was the name of the island in the Detroit River that used to claim an amusement park?

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 July 31, 2013.

Win a \$100 Gas Card!



*Congratulations to our
May Contest Winner,
Diane S. from Sterling Heights!*

Results...



"From the start of my first visit, the staff at HealthQuest was very professional. They are all very loyal to their daily roles and tasks. When I came in, my knee was in such pain that I could barely walk, let alone run, an activity I had recently picked back up after a 15 year hiatus. When I came to HealthQuest, I told my therapist I wanted to run in a 5K that was 7 weeks away. Instead of laughing and telling me "Fat chance!" he said, "Let's shoot for it! What have we got to lose?" On November 22, I ran my first 5K in 15 years. The very next day, I was pain free. I have run in two more races since, successfully, and without pain."

~ Alan, Clinton Township

Ask the Therapist...

Question: My knee feels like it's grinding but there's no pain; is this a problem?

Answer: Grinding in your knee is not necessarily an indication of a problem, however, it could indicate that degenerative changes to the knee have occurred. Physicians call "grinding" of the knee cap *Crepitus*. Crepitus is the result of increased contact of the kneecap on the thigh bone. This increased contact can occur due to external forces such as a fall, or internal changes related to muscle imbalances of the hip and knee. Crepitus can range from a loud grinding noise to a small squeaking. Sounds with movement only become significant when you notice them along with a pain increase or other symptoms. Physical therapy can help with joint preservation techniques and a corrective exercise program can help with pain management.

Question: My knee hurts when I run, what can I do to help?

Answer: Pain is your body's way of letting you know that something is wrong. With each stride while running, you are loading your knee with at least six times the force of your normal, standing body weight. Pain can be attributed to muscle imbalances, overuse, decreased flexibility, improper footwear, or pathologic changes within the knee. Pain in the knee also does not necessarily mean that the pain started in the knee; the pain can originate in many different places, such as the foot or the hip. Consulting a physical therapist for a movement analysis could help determine the source of your pain, and with a combination of manual techniques and corrective exercises, you could be back on the road, pain free, before you know it!

This month's Ask the Therapist section was written by physical therapist and running enthusiast, Nicole Wargo (right). Nicole joined the HealthQuest team as a technician after she completed her undergraduate degree at Michigan State University; upon completing her Doctorate of Physical Therapy at Oakland University in 2009, Nicole accepted a position as a physical therapist at our Clinton Township location. Recently, Nicole has assumed management responsibility at the facility while the owner and director, Julie Martel (also pictured) is on maternity leave after having her third child. Nicole is proud to be a member of the HealthQuest team and looks forward to further helping her patients live life well.



Want to win a \$100 Gas Card?

See details inside

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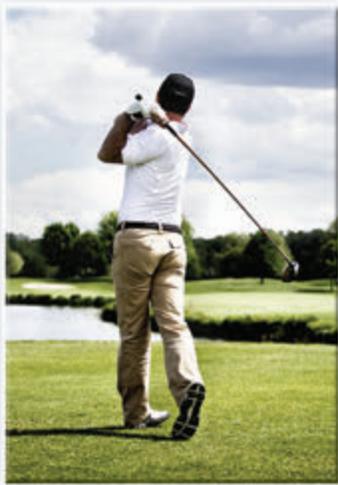
HealthQuest Annual Charity Golf Outing 2013

We are still accepting donations,
sponsorships, and golfers for our
Annual Charity Golf Outing!

Please visit our website at

www.**HQPT**.com

and you will be directed to our
golf outing website!



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