

# NEWSLETTER



## DO YOU HAVE A BALANCE OR GAIT DISORDER?

Have you noticed pain in your hips, knees, or other joints that makes it difficult to walk?

Do you find yourself reaching for walls, railings, or other objects to balance yourself?

Is your balance simply not what it used to be?

**These are all indications of a balance or gait disorder.** There are many reasons why this kind of condition may occur, and it can cause both physical and mental limitations in your daily life. Fortunately, physical therapy can help!

In the same manner that children and athletes practice movements to perfect them, you can train your body to improve your balance. A custom exercise program focused on resistance training and increasing muscle mass can increase your ability to walk and successfully navigate obstacles. Resistance training may also greatly decrease your risk of falling.

If your therapist does not feel that it is safe for you to start therapy on land or if you have severe pain with movement they may recommend aquatic therapy.

Here are some tips from Dr. Mason Pesquera:

- Be aware that a walking program by itself is not enough to reduce your risk of falling.



- Consistency is key. Find a resistance based training program that works for you and stick to it.
- Mason's top four recommended exercises to do at home are sit to stands, standing balance with feet together, bridges, and straight leg raises.

We would be happy to talk more about how we can help you improve your balance and gain more confidence when walking. **Call us today at 352-373-2116 or email [samantha.ream@requestphysicaltherapy.com](mailto:samantha.ream@requestphysicaltherapy.com) to get started.**

### INSIDE:

- How Can Physical Therapy Treat My Arthritis?
- Patient Results

- Healthy Recipe
- Why is Warming Up Before Exercise So Important?
- Who Do You Know That Needs Our Help?

# NEWSLETTER

## TIPS FOR SPOTTING & TREATING ARTHRITIS OF THE KNEE



Have you started to notice that your knees seem to be getting bigger? Do you notice popping, clicking, or grinding sounds with certain movements? Does pain ensue when you bend, squat, or kneel? When you first wake up in the morning, do you notice that your knees feel stiff, achy, or painful?

If you identify with any of these scenarios, you may be experiencing the effects of arthritis. The knees have two main fat pads, which reside just above and below the kneecap. These help to cushion the knee and assist with lubricating fluid flow around the joint. With arthritis, inflammation in the joint causes the fat pads to gradually thicken, choking the joint fluid flow. This leads to a vicious cycle of decreased lubrication, more "wear and tear", pain, and swelling.

If you have been living with stiff, achy, or painful knees, contact ReQuest Physical Therapy 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.

### Common symptoms of arthritis:

It can sometimes be difficult to determine if you are truly experiencing arthritic symptoms or if you simply have a joint that is tight or overworked. In addition to the aforementioned signs of knee arthritis, additional symptoms may include:

- Pain in the affected region, which may spread to surrounding body parts
- Stiffness

**FREE**

**15 MINUTE PAIN SCREEN**

**BIG DEAL**

Contact us today to schedule your **FREE** screening!

**ReQuest**  
PHYSICAL THERAPY

Offer expires 03/27/21



- Inflammation
- Muscle spasms
- Joint creaking, clicking, or popping sounds
- Increased pain with certain activities (such as work or physical activity)
- Decreased range of motion in the affected area
- Abnormalities in gait (such as limping)
- Swelling
- Weakness
- Warm sensation in the affected joint

If you have been suffering from any of the above symptoms and you are looking for relief, do not hesitate to contact us today, before your condition worsens. **Arthritis is unfortunate, but with the help of ReQuest Physical Therapy, it can be very manageable.**

# HOW CAN PHYSICAL THERAPY TREAT MY ARTHRITIS?

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, studies show 60-70% of knee osteoarthritis patients can avoid surgery by getting physical therapy treatments first. Furthermore, physical therapy is actually 40 times less expensive than a total joint replacement – so it's at least worth a shot!

Physical therapy works by increasing the lubrication in your joints through improved joint motion, strength, balance, and coordination. The better lubricated your knee joints, the less friction and wear occur, thus reducing inflammation and pain. During knee treatments, our therapists work to improve your patella (kneecap) and joint mobility. This improves the mobility of the tissue around the joint, especially the fat pads. As a result, this leads to improved blood flow, joint lubrication, and decreased swelling.

## Get started today!

At ReQuest Physical Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive their own personalized treatment plan, based on their specific needs. It is very common for the muscles that support the lower back, hips, and knees to become weakened from inactivity due to arthritis. Your physical therapist will guide you through targeted, goal-specific exercises, aimed at reducing inflammation, providing greater support to the joints, and helping your muscles regain their overall strength.

Are you looking for fast pain relief, in addition to improved motion, strength, and the ability to do physical activities you thought were lost for good? Contact ReQuest Physical Therapy 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!**



Sources: Katz JN, Brophy RH, Chaisson CE, et al. Surgery versus physical therapy for a meniscal tear and osteoarthritis. *N Engl J Med.* 2013  
<http://www.healthline.com/health/total-knee-replacement-surgery/understanding-costs#1>

**CALL US TODAY TO SCHEDULE AN APPOINTMENT!**

## STRAWBERRY SALSA

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

### INGREDIENTS

- Juice and zest from 1 medium lime
- 1/4 teaspoon of stevia (optional)
- Pinch of sea salt
- 1 pint of strawberries, hulled and diced (about 2 cups)
- 1 small jalapeño pepper, seeded and diced
- 1/2 cup red onion, diced
- 1/2 cup fresh cilantro, chopped
- Ground peppercorns, to taste

### DIRECTIONS

In a large bowl, whisk together the lime juice and zest, stevia, and salt. Stir in the strawberries, jalapeño, onion and cilantro. Add pepper, to taste, and mix well. Adjust the seasonings if need be. If strawberries are nice and juicy, serve immediately. If not, marinate about 30 minutes. Note: Not a fan of cilantro? Use mint or parsley leaves instead!

*This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.*





# PATIENT RESULTS

“From my first session, Kiri set forth a plan to strengthen the affected parts of my body. She taught me how to perform stretches and move properly and the pain in my left leg began to go away, I now walk more safely and with confidence. The manner in which physical therapy has brought me back from an old world of aches and pains is amazing!”

- Wayne W.



**KIRI KRISHINGER**  
PT, DPT, PCES  
Call today to schedule!  
352-373-2116



**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**



## INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame  
*(this will take you directly to our Patient Results page)*
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

# WHO DO YOU KNOW THAT NEEDS OUR HELP?

## REFER A FRIEND!

### Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



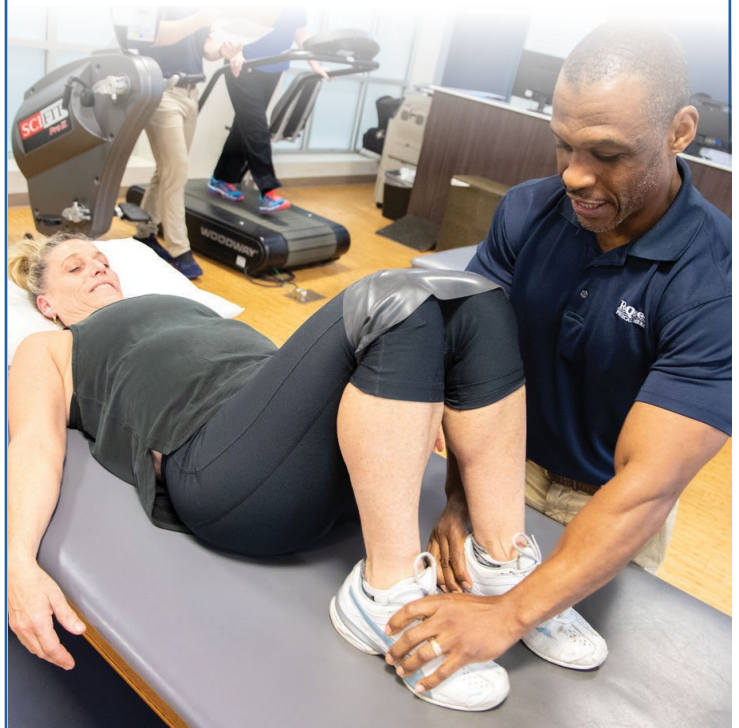
1. Call and talk to a therapist



2. Discover why your pain has come back



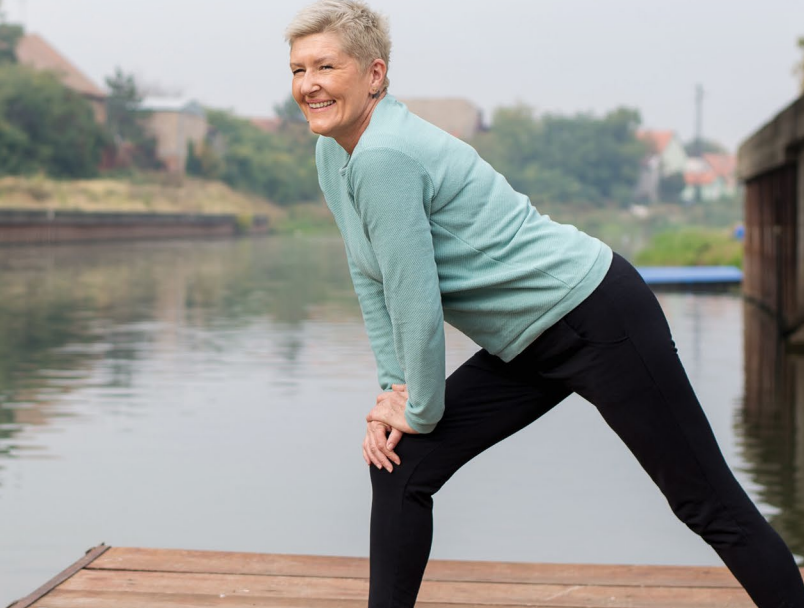
3. Get your custom recovery program



# WHY IS WARMING UP BEFORE EXERCISE SO IMPORTANT?



## EVERYTHING YOU SHOULD KNOW ABOUT PROPER WARM-UPS



Whether you're a weekend warrior or dedicated athlete, warming up before participating in any form of physical activity is extremely important. We always hear about the crucial aspect of proper warm-ups, but why exactly are they so crucial? Well, the truth is that while it may not seem like it at the time, warming up the body before engaging in exercise of any sort can pose several benefits. If you are a fitness enthusiast who is looking to enhance their warm-up routine, contact ReQuest Physical Therapy today.

### **The importance of proper warm-ups.**

Stretching and proper warm-ups before exercise are arguably most important in helping your body avoid injury. As an athlete, we understand that one of your primary goals is staying healthy so you can participate in your sport or exercise of choice. Our physical therapists at ReQuest Physical Therapy can teach you warm up routines that utilize light weights, resistance bands, or targeted stretches to get your body ready for physical activity. Some light cardio can also be beneficial in your warm-up routine, as the goal is to have your muscles warm and loosened up. When this happens, your muscle cells become oxygenated and ready to work.

A physical therapist can guide and assist you in perfecting your warm-up routine, similar to a personal trainer. Maintaining proper form during your warm-ups is just as important as maintaining it during your main exercise, and is one of the main keys to avoiding injury. Your physical therapist will analyze your form to make sure you're doing everything correctly in order to maximize results during your workout and help you get the most out of it.

### **Warming up can make all the difference for those who are aging and active.**

As we age, our bodies simply aren't as limber as they used to be – putting us at risk for exercise-related injuries. Proper warm-ups are a great resource for those who still want to remain active but may be prone to injuries or at a higher risk of developing injuries.

A physical therapist can help you figure out where your problem areas are, so you can perform the correct warm-up routine for your needs. A routine that consists of a combination of exercises, stretches, and pain-relieving techniques that target areas where injuries are likely to occur is one of the best ways to avoid injury in the aging and active adult.

Additionally, your physical therapist can also help you target poor techniques and correct them. They will focus more on the areas of your body that are repeatedly stressed and overused by your sport or exercise, thus determining your likelihood of injury and suggesting the best warm-up techniques for keeping you safe during physical activity.

### **Additional benefits of warming up before exercise.**

While injury prevention is the main benefit, there are many ways that warming up helps your body. Some additional benefits include:

- **Reducing muscle tension.** When your body isn't warmed up, it becomes tense and tight. Tense and tight muscles have restricted blood flow and may not activate as effectively. Stretching and light exercises before a workout helps to alleviate this tension and help muscles expand and contract more efficiently.
- **Increasing range of motion in your joints.** Joints that move better, work better! Warming up helps your joints move fluidly and throughout their full range of motion. This improves movement efficiency and function, which means better performance.
- **Improving circulation.** In addition to improving muscle mechanics, the enhanced circulation that warm-ups bring can also accelerate the recovery of painful areas, reduce post-workout soreness, and increase your energy levels.
- **Helping with stress relief.** There's a strong link between physical tension and mental tension. By alleviating physical tension with a consistent warm-up routine, you can ease psychological stress, too. Plus, evidence shows that stretching and/or participating in light exercises before a workout improves your "psychological readiness" and helps you get your head in the game.

### **Ready to get started? Contact us today!**

All in all, adopting a proper warm-up routine before participating in strenuous physical activity is a small-time investment for a long-term benefit. **If you have any questions about how to warm up properly and how we can help, contact ReQuest Physical Therapy today.**

# Exercise Essentials

Try these exercises to keep you moving...



## HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

**Strengthens  
Hips**

Exercises copyright of  
 SimpleSet Pro  
www.simpleset.net



## IT BAND STRETCH | SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. Repeat as needed.

**Strengthens  
Hips**



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## MASSAGE THERAPY RETURNS!

ReQuest Physical Therapy will reopen massage therapy services. Need relief from muscle spasms, improvement in flexibility, or improved circulation? Massage therapy may be the best solution for you.

**To schedule your massage therapy session call a clinic nearest to you and let them know you are ready to gain pain relief!**



## About Us

When you need physical therapy, you have the right to choose where you go. If you are tired of being a number and ready for a physical therapy team that's proud to offer special services not found in any other practice in the Gainesville area, ReQuest Physical Therapy is your choice.

We offer a variety of additional premier services to make your time at ReQuest as pleasant as possible, including discounts for cash/self-pay patients, flexible payment schedules, and same-day appointments. We also accept patients without a physician's referral, so you can begin treatment quickly and without the hassle of extra paperwork.



## Fun & Games

### FIND THE HIDDEN 4 LEAF CLOVER



Challenge your mind! Search for the 4 leaf clover placed in this newsletter. Call with the correct location of the 4 leaf clover in this newsletter and be **entered into a drawing to win a 55-minute massage therapy session!**

