

NEWSLETTER

KNEE DEGENERATION: PHYSICAL THERAPY OR SURGERY?

BY JEFF GILLIAM, PT, PHD, OCS

My patients often ask me if they should have surgery for their knee pain or physical therapy. Some of these patients have injured their knee by making a sudden turn, twisting their knee potentially injuring the cartilage padding that acts as a stabilizer and cushion in their knee. Most often, patients are diagnosed with degenerative joint disease or osteoarthritis of the knee and have difficulty with mobility including squatting, sit to stand activities, climbing stairs, and walking.

For many patients, excess body weight is a contributing factor in the degenerative process that will only exacerbate their knee. However regarding surgery, unless they have a meniscal tear that is blocking their ability to flex and extend their knee research recommends avoiding surgery in favor of physical therapy to improve the strength, stability, and range of motion of the knee.

As knee degeneration progresses, there is less stability at the joint and the biomechanics of the knee are not optimal. It is extremely important that your muscles create increased knee joint stability versus depending on an external knee brace. Your physical therapist will design a specific program



to improve the stability of your knee and optimize the joint mobility improving the biomechanics of your knee and your overall function.

Our physical therapists at ReQuest will focus on improving your ability to perform functional activities with less difficulty, normalize your walking, and will increase your ability to squat, get out of a chair, and climb steps. Safely getting YOU back to an active lifestyle is our therapists' primary goal. Give us a call at 373-2116 and let us help you with your knee rehab today!

INSIDE:

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- Patient Results
- Healthy Recipe
- Where Will Your Treatment Be 1 Year From Now?

NEWSLETTER

FEAR OF THE KNIFE? PHYSICAL THERAPY COULD HELP YOU AVOID SURGERY ALTOGETHER



FREE

15 MINUTE PAIN
SCREEN

BIG

DEAL

ReQuest
PHYSICAL THERAPY

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

Offer expires 07/27/21

Does the thought of undergoing surgery make you feel queasy? If so, you're not alone. Many people have a "fear of the knife," so to speak. No one wants to get surgery, but sometimes it is a necessary part of physical treatment. However, it doesn't always have to be. If you feel as if you may be on the path to needing surgery, but you'd like to discuss alternative options, don't hesitate to give our team at ReQuest Physical Therapy a call.

How can I avoid surgery? There are numerous benefits to foregoing surgery and sticking with physical therapy – for one, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper! Secondly, you'll avoid the extensive recovery time that follows surgery. Many times, patients will need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick? Finally, and perhaps most importantly, physical therapy isn't invasive. Physical therapy doesn't involve any risks of complications or need for harmful painkillers. It's not painful, it's not dangerous, and it's a natural remedy for your pain!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

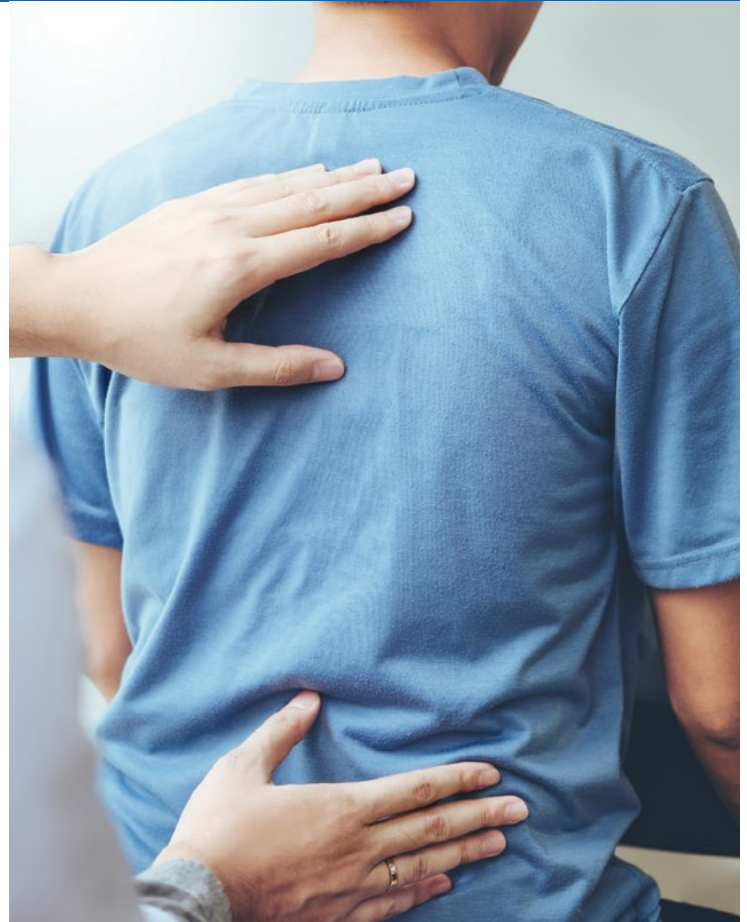
- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

HOW DO I KNOW PHYSICAL THERAPY WILL WORK FOR ME?

It is true that surgery is unavoidable in some patients, if the condition is severe enough. However, there are several studies and testimonials that prove physical therapy is successful in the treatment of pain to the point where, in many cases, surgery is unnecessary.

According to a study done by the New England Journal of Medicine (NEJM), physical therapy is just as effective as surgery in patients with meniscal tears and arthritis of the knee. In this study, 351 patients aged 45 or older who fell under the categories of those conditions were randomly split into two groups, being "those who received surgery and post-operative physical therapy treatments," and "those who received physical therapy alone." Those given the sole standard physical therapy treatment plans were also given the option of "crossing over" to surgical treatment if they did not notice any significant improvements to their condition. After six months, 30% of patients opted to receive surgery; however, 70% stayed with their standardized physical therapy regimen, reporting improvement. Within the 6-12 month time frame of the study, those patients who received physical therapy treatment alone showed similar signs of improvement to those that received both surgery and physical therapy.

We're here to help: At ReQuest Physical Therapy, we strive to make sure that every patient has a successful experience. Our physical therapists are trained professionals who are driven and ambitious about helping their patients achieve the highest levels of comfort and success. Our goal is to help you avoid surgery and harmful drugs as much as possible. We do this by providing an extensive evaluation process to clearly diagnose the root of your problem, and basing a specialized treatment plan around said diagnosis. We understand that every patient is different, so every plan should be different, too. Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make. If you have a painful condition, don't resort straight to surgery – come see us for a consultation first, and let us discuss how we can help you.



Sources: <https://www.nejm.org/doi/full/10.1056/NEJMoa1301408>
<https://www.moveforwardpt.com/benefits/default.aspx>
<https://www.moveforwardpt.com/WhyTherapy/Detail/physical-therapy-helps-man-avoid-surgery-maintain->

CALL GAINESVILLE: (352) 373-2116 OR TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!

QUICK PICKLED CUCUMBER

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1-1 1/2 C water
- 4 tbsp. apple cider vinegar or to taste
- 1 C cucumbers, sliced
- 2 tbsp. fresh dill minced or 1 tbsp. dried dill or to taste
- Fresh ground peppercorns, to taste
- Dash sea salt
- Ice cubes
- Optional ingredients: garlic clove, onion slices, sliced bell pepper

DIRECTIONS

Add water and vinegar to bowl. Refrigerate for 25 - 30 minutes. Add cucumber slices, dill, pepper, salt, and ice cubes to refrigerated liquid mixture. Set aside for at least 5 minutes. More time equals more flavor in cucumbers. Add a few more ice cubes as original ones melt. Enjoy as a crisp and refreshing snack or side to a meal on a hot summer day.

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



<https://requestphysicaltherapy.com/physical-therapy-treatments/adult-weight-loss/>



PATIENT RESULTS

"I highly recommend the team at ReQuest! I have been a patient several times over the years for a chronic problem. They staff are all friendly and very accommodating to any restraints you might have. In other words, if the exercise is too painful, they will have you do something different that does not hurt. Thank you for all you do!"

- G.C.



JERRY O. RIETA
PT, CSCS, CPT
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

Fun & Games: Word Search

S F L I P F L O P S I S L E P
 S U N S C R E E N A N U O S I
 A U N G U E S T H D O N V W C
 B N E G J O C E A N F S S I N
 A P O O L J U R Y S U H O M I
 R U G U S A T A E U N I H S C
 B M G C R E S A M A S N I U S
 E E N U F O N S U M M E R I P
 C M A A S T O H E T H I N T R
 U V A C A T I O N S R H L A I
 E R O B I L K R X J O I O U N
 I I N S E F I T S F U N P T K
 C A R E L A X S U L Y L O L L
 E J U N E A C F A M I L Y S E
 I C E P O P A H O T S R E L R

AUGUST
 BARBECUE
 BEACH
 FAMILY
 FLIP FLOPS
 FUN
 HOT
 ICE CREAM

ICE POP
 JULY
 JUNE
 OCEAN
 PICNIC
 POOL
 RELAX
 SHORTS

SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIMSUIT
 VACATION

WHERE WILL YOUR TREATMENT BE 1 YEAR FROM NOW?



If you have never seen a physical therapist, or you've heard about therapy but have always been too scared to go, there's a good chance you're missing out on some serious health benefits.

Can you imagine what that progress might look like 10 or 12 months down the road? Everyone's pain levels, tolerance, and conditions are different, so there is no way to put a definite outcome on anyone's progress. What ReQuest Physical Therapy can do is offer you this list of possible outcomes from physical therapy treatment for anyone who wants a general idea of where their condition could be in a year.

5 Possibilities After One Year of Physical Therapy Treatment.

You might experience less age-related aches and pains. Health declines as we age. After all, this is only natural. As nice as it would be to drink from the fountain of youth forever, it's just not possible. For some people, this decline happens faster than others, but physical therapy can slow the progression of age-related issues such as arthritis or osteoporosis. It can also decrease your chances of needing a joint replaced, should that issue pop up in your future. Think of it this way: physical therapy could be the difference between you getting an extra 5 to 10 years of play time out in the yard with your grandchildren one day. If you can set yourself up for long term physical success, your future self will thank you!

You may be able to kick the prescription medications. Our nation is currently experiencing an opioid epidemic. This means that many people are turning to prescription medications to combat the effects of their pain. Pills aren't cure all, however. They're bandaids. Many patients find that after undergoing physical therapy treatment, they are able to completely kick their dependence on harmful prescription drugs. Just imagine the amount of money you'll save, the time you no longer have to waste standing in line at the pharmacy, and the peace of mind you'll have from no longer worrying about the lasting effects of these medications.

You might be able to avoid that surgery after all. That knee, hip, or joint replacement surgery you've been dreading and putting off for years, even though you've been told time and time again that it's unavoidable? Physical therapy at ReQuest Physical Therapy might change that for you in a year. Of course, this varies depending on your specific condition, age, and willingness to comply with your physical therapy treatment plan. It's a risk worth taking if it means you might not have to spend months in recovery!

You won't have to say "no" to doing the things you love anymore. Many people find themselves in physical therapy because they are no longer able to do things that they enjoy such as play a sport or hike with friends. They are simply in far too much pain, and the risk of pain outweighs the concept of having fun. ReQuest Physical Therapy physical therapists are experts in movement, and they'll work with you to not only manage your pain, but also to move your body in ways that will allow you to prevent future injuries.

You'll learn to manage your symptoms on your own. As your condition gets better and you gain more of an understanding of why you're experiencing pain and how to manage it, you'll find that you're able to mitigate your symptoms at home on your own.

You can only start at the beginning. The only way to see progress is to begin your fitness journey. Physical therapy can improve and eliminate tons of different pain symptoms and conditions, from back, neck, knee, and hip pain, to injuries sustained from playing sports or sustaining a work related injury. The only way to find out for sure what your outcome from physical therapy will be in a year is to make an appointment at ReQuest Physical Therapy.

Source: Medicines and Drugs - National Institute on Drug Abuse www.drugabuse.gov › sites › default › files › mod4

Arthritis: Causes, Signs, and Diagnosis - Healthline www.healthline.com › health › arthritis

Osteoporosis: Everything You Need to Know - Healthline www.healthline.com › health › osteoporosis

Total Joint Replacement - OrthoInfo - AAOS orthoinfo.aaos.org › treatment › total-joint-replacement

<https://requestphysicaltherapy.com/request-appointment/>

Exercise Essentials

Try these exercises to keep you moving...

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 seconds then return to start position. Repeat 8 times.

Loosens
lower back

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



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

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune- Up:

- ✓ 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



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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TIOGA: (352) 692-2131

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