



PHYSICAL THERAPY CAN HELP YOU RESOLVE **UNWANTED KNEE PAIN**

Do you experience pain and swelling when squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Achieve Therapy, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Achieve Therapy, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

What are the most common knee injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments.

Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and includes sprained ligaments, cartilage tears, tendonitis, and arthritis. Some other common causes of knee pain include:

Arthritis. The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation with varying levels of pain and dysfunction.

Cartilage Injuries. There are two common cartilage injuries:

- **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

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HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN



Ligament Injuries: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion. The important ligaments in the knee include:

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.
- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

Tendinitis. Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

How physical therapy can help your knee pain

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for

signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments – including exercises, manual therapy, and modalities – to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

Contact us today!

If you are living with knee pain, contact Achieve Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!



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<https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418>
<https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>

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Patient Success



"I absolutely loved being a patient at Achieve Therapy. Their workers are so kind and friendly. My Physical Therapist Greg was attentive, compassionate, and provided wonderful care. Thanks Achieve for helping me feel better!" – **Chris**

Staff Birthdays & Work Anniversaries

June Celebrations for Our Staff

Staff Birthdays

No birthday celebrations this month.

Work Anniversaries

Kindra Bergrud – June 22nd



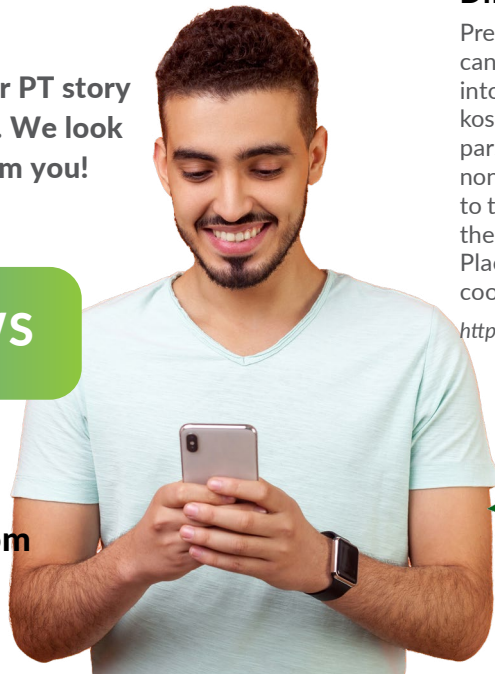
We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

achieve-therapy.com



EXERCISE ESSENTIALS

KNEE GAPPING

Try this movement to relieve your knee pain.

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

EASY SALMON CAKES

Ingredients

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp minced fresh garlic
- ½ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp dried thyme
- ½ cup chopped parsley
- ¼ cup olive oil



Directions

Preheat your oven to the "keep warm" setting. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well into tiny pieces. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley. Heat the olive oil over medium heat in a large 12-inch nonstick skillet, for 3 minutes. Transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten. Cook for 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

<https://healthyrecipesblogs.com/salmon-cakes-recipe/>



JUNE

CLINIC NEWS

JUNE FITNESS MEMBER OF THE MONTH

Meet Greg our June Fitness Member of the Month!

Greg's favorite thing about Achieve is the staff. "They are very knowledgeable about their jobs and very willing to help. Their smiles, knowing your name, and a listening ear to your questions and problems make it a fun place to come."

Greg has been very happy with the physical therapy he has received with Achieve, "Nick, my physical therapist, would always ensure my safety and monitor my vital signs while I was learning the proper way of exercising."



STAFF SPOTLIGHT

Say Hello to Lyndsi!

Lyndsi grew up in Pingree, ND. She started with Achieve in 2019 as a physical therapist in our Park River clinic. Her favorite thing about working at Achieve is building relationships with her patients and watching them get better every visit. In her free time she enjoys walking outside with her little but growing family, playing with her daughter, baking, gardening, and trying new recipes. She loves to try new recipes so if you have any throw them her way!



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