

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

**DON'T LET YOUR KNEE PAIN
HOLD YOU DOWN**



***FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!***

(DETAILS INSIDE)



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www.innovativeptsolutions.com

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INSIDE:

DEEP TISSUE
LASER
THERAPY

START
PLANNING
FOR 2023
NOW!

5 Star Review

Quote of The Month:

*“Happy December!
If you don't like the
colder weather, just
wrap yourself up
in the Christmas
spirit.”*

CALL
TODAY!

(315) 786-0655



DON'T LET YOUR KNEE PAIN HOLD YOU DOWN

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Innovative Physical Therapy Solutions, 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 Innovative Physical Therapy Solutions, 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 include sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some common knee injuries 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.

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.

Continued inside.

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Some of the common knee ligaments that get injured 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.

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



CALL (315) 786-0655 TO SCHEDULE TODAY!

This Holiday Season Give Someone The Gift Of PAIN RELIEF With Innovative Physical Therapy's

DEEP TISSUE LASER PACKAGE

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today to purchase a Gift Voucher for 1, 3, 6 or 12 Laser Treatments. Brighten someone's holiday this year with a gift that will truly make a difference in their life. And why not pick up one for yourself as well.

Call 315.786.0655 Today!

No Referral/Prescription Needed • No Insurance Needed • No Expiration On Package Treatments
We Take Cash, Card, or Health Savings Account

START PLANNING FOR 2023 NOW!

If you're like the vast majority of people, your New Year's resolution will be to start exercising more. There's a reason why this resolution is so popular – exercise is important! And it's something that many people don't get enough of.

Luckily, there are some easy ways you can start getting active today. Are you ready to make and stick to your resolution for 2023? Check out these 5 tips for getting moving.

- 1. Walk around your neighborhood** – Walking may not sound like a strenuous exercise, but it has many benefits and is perfect for getting back into the swing of things.
- 2. Choose a workout buddy** – Working out with another person can help hold us accountable.
- 3. Sign up for a class or an adult sports league** – Whether you sign up for a dance, yoga, or pilates class, the financial investment required may motivate you to stick to your routine.
- 4. Join a new gym** – If you don't already have a gym membership, signing up for one is a great way to motivate yourself to get active.
- 5. Download an app that reminds you to get moving** – Why not use your phone to remind you and encourage you to exercise?

For more ways to get active, healthier, and stronger in 2023, contact Innovative Physical Therapy Solutions today!

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

This exercise helps strengthen your knees.

KNEE EXTENSION

Start by sitting on the edge of a table so that your legs are dangling off of the edge. Place your non-working leg behind your working leg so that your ankles are crossed. Relax the working leg and allow the non-working leg to lift both legs up so they are fully extended in front of you. Lower your legs and repeat this motion for 10 reps.



5 STAR
REVIEW

Patient Success Story

"I was experiencing really bad back and leg pain from football for almost 2 years, and these guys fixed the issue in like 2 months!!! 100% recommend these guys!! Super professional!!"
- TLG.



We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

Scan the QR Code to visit our Google Review Page and share your story.



Innovative PT Coupons

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 1/31/23