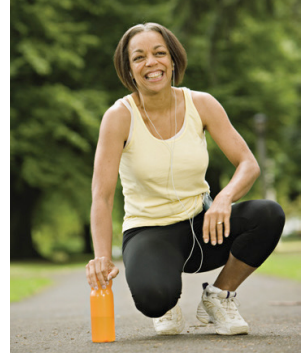


3 Easy Steps To Healthy Knees

For many people, knee pain can be a way of life, limiting their ability to climb stairs, squat down to get something off the floor, enjoy long walks, shopping and a host of other daily activities. The knee joint is one of the most complicated joints in the body and has to bear up to 6 times your body weight while running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, causing injury and pain.



Just like taking care of your heart, your joints need attention to maintain a healthy state. Here are easy ways for you to take care of your knees, avoiding arthritis and other joint problems:

1. Stretch your hamstrings, quadriceps and adductor muscles each day. By keeping these muscles flexible, the forces on your knee joints can be balanced, allowing your joint to bend, rotate and for your patella (kneecap) to track properly.
2. Keep the muscles around your hips and knees strong. Especially the gluteals and quadriceps muscles. Studies show that those adults, especially over 55 who have stronger gluteals and quadriceps, tend to have less back pain and more ability to do daily activities.
3. Exercise regularly. While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight-bearing exercise such as walking, running and other sports. However, if you have arthritis, it is advised to do more lower impact activities such as biking, elliptical machines, aquatic exercises, etc.

Having a regular medical checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular medical checkup is especially important. If your attention is on that sore knee, then it is time you called us for a knee joint analysis. Talk to one of our medical professionals today and see how much better life can be with freely moving knees.

The Best Core Exercises For Runners

Glute Bridge With Marching

Your core affects your whole body. The stronger your core the better form you have when running. Good form will help you to prevent knee pain and injury.

Level: Intermediate

Begin on your back with feet about 12 inches from your buttocks and hands by your sides with palms down. Press your heels into the ground and lift your pelvis up until your knees, pelvis, and shoulders form a straight line.

Hold your bridge while you lift your right knee toward your chest, until your hip is at 90 degrees. Return the heel to the floor and lift the left knee. Do not let your pelvis sag or your back over-arch while lifting and lowering your knees. This completes one rep.

Do two sets of six reps. This exercise works your glutes, hamstrings, and spinal muscles in the lower back. If this is too challenging, try the bridge exercise without lifting your knees.





Patient Spotlight

My lower back pain has disappeared!

"I came to iMotion because I was having back pain during my pregnancy. I could not walk without pain going down my leg. Every time I went from sitting to standing, I was in such severe pain I couldn't stand up straight and could hardly walk. I couldn't sit for more than 15 minutes without feeling lower back pain. After therapy, my lower back pain disappeared, I can walk long distance and sit without pain."



CALL FOR AN APPOINTMENT TODAY!

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Los Gatos: 408-637-4777

Sports Performance

Focus on improving your joint performance and stability

Joint Stability

Improve your sports ability through joint stability. When a joint is more stable, muscles can function better. For knees, ankles and hips try balance exercises on uneven surfaces such as foam or a folded towel. Try standing on one leg while doing small knee bends.

Joint Flexibility

Joints need to be flexible in order to move through their proper range and allow muscles to pull correctly. For many people who are runners, stretching must be done every day to maintain muscle and tissue elasticity. Dynamic stretching is often best, where the stretch is done in a moving fashion, such as in Yoga. This is different than a prolonged stretch.

Joint Strength

Incorporate strengthening exercises into your sports routines. This is especially important for runners and weekend warriors. A little strengthening exercise can go a long way to prevent sports injuries and soreness. The stronger your muscles are around your joints, the better ability you have to play and avoid injury.

Joint Coordination

You have an inherent sense of where your joints are in space (proprioception) and how they are moving in space (kinesthetic sense). This allows your brain to coordinate the muscle movements around your joints. By improving your balance and coordination with specific exercises, you greatly reduce the chance of injury and will enhance your sports performance.



www.imotionpt.com

Has Your Pain Returned?



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Today 510-745-7700

Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

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


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Pratik Shah, PT • We take the time to listen to you

- Expertly trained therapists
- Focused on achieving fast results
- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care



Sweetie Shah, PT

Why Choose iMotion PT?

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