



iMOVEPT®
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WELLNESS NEWSLETTER

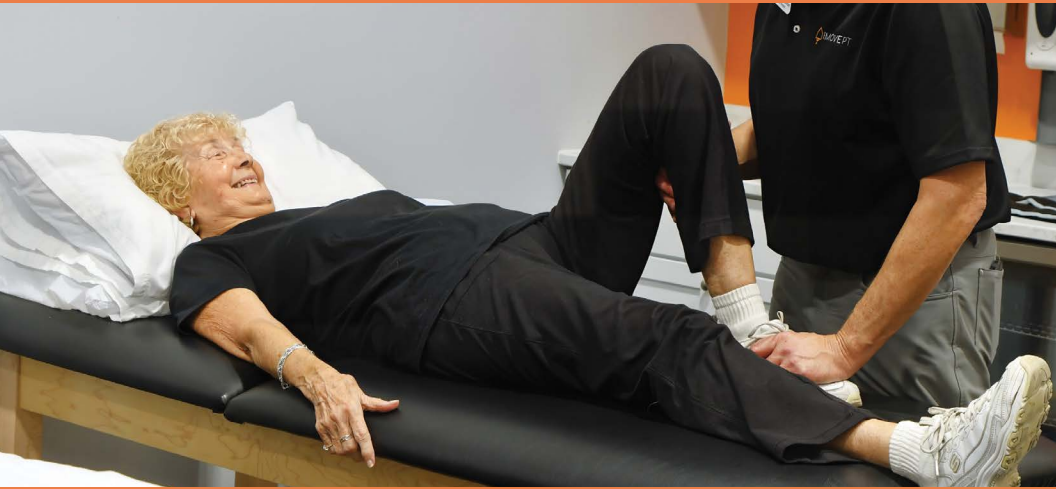


MANAGING KNEE ARTHRITIS

With Physical Therapy



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YOUR PATH TO PAIN-FREE LIVING

Introduction

Living with knee arthritis can be a daily struggle, impacting your quality of life and mobility. But there's hope. At iMove PT, we specialize in helping individuals like you manage knee arthritis effectively through physical therapy.

Our therapists are experts in the identification and treatment of knee arthritis, with a focus on the pivotal role that exercise and targeted therapy techniques play in alleviating pain and improving your overall well-being. Our goal is to empower you with the knowledge and support needed to regain your active lifestyle.

Understanding Knee Arthritis

Knee arthritis is a widespread condition that occurs when the protective cartilage in the knee joint wears away over time. This results in pain, stiffness, and reduced mobility. Let's explore how you can identify and manage knee arthritis through physical therapy:

Learn more at imovephysicaltherapy.com

Step 1: Recognizing the Signs and Symptoms

The first step in managing knee arthritis is recognizing the telltale signs and symptoms:

- Persistent knee pain that is often worse after periods of inactivity.
- Swelling and tenderness in the knee joint.
- Difficulty in bending or straightening the knee.
- A grating sensation during knee movement.
- Reduced range of motion in the knee joint.

If you're experiencing any of these symptoms, seeking guidance from our skilled physical therapists is crucial!

Step 2: Consultation with an iMove PT Physical Therapist

When knee pain becomes a persistent issue, it's time to consult one of our physical therapists, who are experienced in arthritis management. Our team of skilled therapists will conduct a thorough evaluation to assess the extent of your knee arthritis. This assessment includes a comprehensive physical examination and may involve reviewing imaging tests like X-rays or MRI scans.

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
314.377.7986

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

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Step 3: Personalized Physical Therapy Plans

Following your evaluation, our physical therapists will create a tailored treatment plan that suits your unique needs. Physical therapy plays a pivotal role in managing knee arthritis, offering a range of benefits:

- **Pain Management:** Techniques like manual therapy and modalities to help alleviate pain and reduce inflammation.
- **Mobility:** Stretching routines enhance joint mobility, reduce stiffness, and improve overall function.
- **Strengthening:** Targeted exercises are designed to strengthen the muscles around your knee, providing better support and stability.
- **Balance and Coordination:** Balance exercises are incorporated to enhance stability and coordination, reducing the risk of falls.
- **Education:** Our physical therapists provide valuable education on arthritis management, teaching you how to protect your joints during daily activities.
- **Lifestyle Modifications:** We work with you to make lifestyle adjustments, including activity modification and weight management, to reduce the strain on your knee joint.

Step 4: A Holistic Approach to Knee Arthritis

At iMove PT, we adopt a holistic approach to managing knee arthritis. Beyond addressing physical symptoms, we recognize the emotional and psychological impact of chronic pain. Our comprehensive support and education empower you to regain control of your life.

Step 5: Your Path to Pain-Free Living

Your journey to a pain-free life begins here. Our physical therapists are committed to helping you manage knee arthritis through physical therapy. Our compassionate team will guide you through each step of the process, focusing on reducing pain and improving your mobility.

The Benefits of Physical Therapy for Knee Arthritis

Physical therapy offers numerous advantages for individuals dealing with knee arthritis:

- **Non-Invasive:** Unlike medications or injections, physical therapy is a non-invasive approach to pain management, emphasizing natural healing and improved function.
- **Customized Care:** Your physical therapy plan is tailored to your specific needs, addressing your unique challenges and goals.
- **Prevention:** Physical therapy focuses on injury prevention, reducing the risk of further damage to your knee joint.

Conclusion

Knee arthritis doesn't have to dictate your life. At iMove PT, our dedicated team is here to help you understand, manage, and overcome the challenges posed by knee arthritis through physical therapy. By recognizing the signs, seeking professional evaluation, and embracing a personalized physical therapy plan, you can find relief, regain mobility, and enjoy a more active lifestyle. Contact us today and take the first step towards a pain-free future.

Recipe of The Month: Chicken Enchiladas

Ingredients:

For the enchilada sauce:

- 2 garlic cloves, minced
- 1-2 tbsp chipotle chilis in adobo sauce
- 1-1/2 cups tomato sauce
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon ground cumin
- 3/4 cup reduced sodium chicken broth
- kosher salt and fresh pepper to taste

For the chicken:

- 1 teaspoon extra virgin olive oil
- 10 oz cooked shredded chicken breast
- 1 cup diced onion
- 2 large cloves garlic, minced

- 1/4 cup cilantro
- kosher salt
- 1 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1 teaspoon chipotle chili powder
- 1/3 cup chicken broth
- 1/2 cup tomato sauce

For the enchilada:

- 8 7-inch whole wheat flour tortillas
- 1 cup shredded Mexican cheese blend
- olive oil spray
- 2 tbsp chopped scallions, for topping
- optional toppings: sour cream, avocado, Greek yogurt, jalapenos, etc



Instructions: Preheat oven to 400F degrees. Spray a medium pot with oil and add garlic, sauté 30 seconds. Add chipotle chiles, chili powder, cumin, chicken broth, tomato sauce, salt and pepper. Bring to a boil. Reduce the heat to low and simmer for 5-10 minutes, to let the flavors meld. Set aside until ready to use. Heat the oil in a medium skillet over medium-high heat. Sauté onions and garlic on low until soft, about 2 minutes. Add chicken, salt, cilantro, cumin, oregano, chili powder, tomato sauce, chicken broth, and cook 4 to 5 minutes. Remove from heat. Spray a 13 by 9-inch glass or ceramic baking dish with oil. Put 1/3 cup chicken mixture into each tortilla and roll it. Place on baking dish seam side down, top with sauce. Then top with cheese. Cover with foil and bake in the oven on the middle rack for 20-25 minutes, until it's heated through and the cheese is melted. Garnish with scallions or cilantro. Optional: top with your favorite toppings if desired. Makes 8 enchiladas.



"I can tell I'm much stronger in areas that my back movements were compensating for. I love that my visits are one on one in the comfort and safety of my home."

"Dr. Mike and iMove PT helped me immensely! I went from constant burning back pain to pain free in under two weeks. Mike is working with me to prevent the pain from returning. I have gotten comprehensive information on why my back pain occurs and am following my exercises religiously. I can tell I'm much stronger in areas that my back movements were compensating for. I love that my visits are one on one in the comfort and safety of my home. I whole heartedly recommend iMove PT!" —L.P.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



Staff Spotlight



iMove PT SWMO is excited to announce Tiffany Wilson as our new Patient Care Representative. Tiffany and her husband have 4 children and live in Joplin Missouri. When Tiffany is not busy with her children, she makes custom hair bows and shirts. Tiffany will be contacting patients, completing insurance verifications, and answering any questions that we may receive.

Dr. Jimmie Wilson has recently completed a Dry Needling continuing education course. Dry Needling is a very effective treatment technique used by physical therapists to treat muscle pain and dysfunction. It involves inserting thin needles into trigger points or tight bands of muscles to stimulate a healing response and relieve pain. If you are interested in this service, please give us a call at 417.695.5367.

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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