

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

KICK BACK AND RELAX!
**FIND RELIEF FOR YOUR
KNEE AND HIP PAIN**

ALSO INSIDE THE ROAD TO RECOVERY - FROM KNEE PAIN TO EXERCISING
5 DAYS A WEEK! - KNEE INJURY AND ARTHRITIS TESTIMONIAL

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



KICK BACK AND RELAX!
FIND RELIEF FOR YOUR KNEE AND HIP PAIN

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been effected in some way or another. For more information regarding how our treatments can help you, give us a call today!

What Causes Knee & Hip Pain?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

How Physical Therapy Helps

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at Atlanta Human Performance Center are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

THE ROAD TO RECOVERY – FROM KNEE PAIN TO EXERCISING 5 DAYS A WEEK! KNEE INJURY AND ARTHRITIS TESTIMONIAL



Patient Spotlight – Odessa McMichael, Retired Housekeeper Written by Katrena Holmes

Ms. McMichael is 74 years young! While in the prime of her retirement, she fell and injured both of her knees. The pain and swelling were excruciating. Prior to retirement, Ms. McMichael had been a professional housekeeper for 50 years. Movement and the use of her body were essential to her profession. She experienced some levels of arthritis, but as one can only imagine, the timing and magnitude of these injuries were devastating to her.

However, after speaking with her podiatrist, Dr. Tobi Todd, he referred her to the doctors of physical therapy at Atlanta Human Performance Center.

"They started working with me right away. I feel so much better," Ms. McMichael states. "They have helped me out a lot! The more I come, the better I feel," she adds.

Ms. McMichael completed Atlanta Human Performance Center's signature **4-step rehabilitation program** and has "come full circle"! Ms. McMichael is now exercising 5-days a week, with no chance of slowing down! Not only has the added exercise helped her previous

knee injuries, but it has also improved her joints, arthritis and helped to stabilize her blood pressure and blood sugar levels!

Ms. McMichael is a success story! She is what Atlanta Human Performance Center is all about. We rehabbed her knees and she has transitioned to the fitness center. We are overjoyed with her rehabilitation and wellness! She has been an inspiration to the staff. She has also inspired some of the patients and fitness center members here at Atlanta Human Performance Center.

[The CDC/Centers for Disease Control and Prevention](#) reports one out of five falls causes a serious injury such as a broken bone or a head injury. However, the leading treatment and prevention for falls and or injuries is physical therapy.

The doctors of physical therapy at Atlanta Human Performance Center are an essential part of one's healthcare team because one's movement and mobility are essential to living!

Contact Atlanta Human Performance Center to schedule an appointment and receive your patient evaluation.

See Ms. McMichael's Atlanta Human Performance Center story here:
<https://youtu.be/DyJ2qAilfmM>

HEALTHY GRILLING FOR ARTHRITIS SUFFERERS



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleoanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup [which packs 2 teaspoons of sugar per tablespoon] or mayo [which is relatively high in unhealthy fat], try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleoanthal and cancer-fighting lycopene.



PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

5 Ways to Reach Healthy Weight Loss

1. Exercise more days per week than not.
2. Reduce screen-time on phone, TV, computer, and or tablets.
3. Watch portion distortion (portion size should be moderate).
4. Eat 5 servings of fruits and vegetables a day.
5. Don't skip breakfast.

**Watch for more details to follow in future newsletters.*

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

HAS YOUR PAIN COME BACK?

- 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.

HAS YOUR PAIN COME BACK?

WE WOULD LOVE TO HELP!

CALL FOR A PHYSICAL THERAPY CONSULTATION

(404) 346-1526



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