

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

KICK AWAY YOUR UNWANTED KNEE PAIN

ALSO INSIDE HOW CAN PT HELP RELIEVE KNEE PAIN
HEALTHY RECIPE

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



KICK AWAY YOUR UNWANTED KNEE PAIN

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 Atlanta Human Performance Center, our Doctors of Physical Therapy 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. Doctors of Physical Therapy are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our Doctors of Physical Therapy!

At Atlanta Human Performance Center, 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.

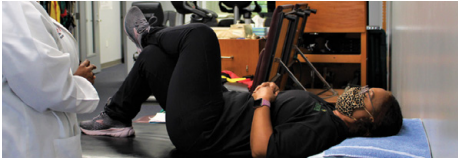
Ligament Injuries: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

- **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

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcpt.com.

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

WALK BACK INTO A PAIN FREE LIFE!



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 Doctors of Physical Therapy 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.

CALL OUR CLINIC FOR HELP TODAY

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



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



SKINNY ORANGE CREAMSICLES

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

*Blend in spinach for a boost of greens.



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT WWW.AHPCPT.COM OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH ATLANTA HUMAN PERFORMANCE CENTER TODAY!

4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



PHYSICAL THERAPY TIPS

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

Let's Get Back On Track!

As a reminder, our doctors of physical therapy can design a short-term individualized exercise program that addresses the symptoms caused by COVID-19's sheltering in place. These symptoms are pain, weakness, stiffness, weight gain, and or depression.

Call us today if you are experiencing any of these symptoms so that we can get you back on track!

Phone: (404) 346-1526



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.

OUR PATIENTS LOVE US!

"What happens to a patient after he or she has had total knee replacement surgery? They must choose a physical therapy practice and begin the process of recovery. Tony Phillips chose Atlanta Human Performance Center for his physical therapy needs. Please watch as he shares his experience in our "Road to Recovery" series.

Mr. Phillips states, "I would recommend Atlanta Human Performance Center to anyone that needs any type of physical therapy. Dr. Evans is one of the best in his profession - in the entire city! He is a doctor of physical therapy; he has had his practice for over 30 years - so he has seen just about everything that you can think of! I just think, he is one of the best in his field and he has a staff that reflects that as well. So, I would strongly recommend Atlanta Human Performance Center for any type of your physical therapy and rehabilitation needs."

- 5 Star Google Review

<https://youtu.be/UuKwWZeH2To>

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpcpt.com