



## PHYSICAL THERAPY CAN HELP YOU RESOLVE 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 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 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 includes sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some other common causes of knee pain 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.

**NEW LOCATION NOW OPEN AT  
3015 CAMP CREEK PARKWAY  
EAST POINT, GA 30344**



Visit Us Online [ahpcpt.com](http://ahpcpt.com)

Call Today At Our East Point Location **404.446.1224** Or Atlanta location **404.346.1526**

**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. The important ligaments in the knee 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 sideway 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.

## CONTACT US 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!



## NEW LOCATION

CAMP CREEK PKWY

EAST POINT, GA



# NOW OPEN!





# HEALTH TIPS

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

## Exercise & Mental Health

**Exercise and depression.** Maintaining an exercise schedule can prevent you from relapsing. It promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle of negative thoughts that feed depression.

**Exercise and anxiety.** Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. By adding this mindfulness element—really focusing on your body and how it feels as you exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

**Exercise and PTSD and trauma.** Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of thinking about other things, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercises that involve cross movement and that engage both arms and legs—such as walking (especially in sand), running, swimming, weight training, or dancing—are some of your best choices.

Outdoor activities like hiking, sailing, mountain biking, rock climbing, whitewater rafting, and skiing (downhill and cross-country) have also been shown to reduce the symptoms of PTSD.

When you're under the cloud of an emotional disorder and haven't exercised for a long time, setting yourself extravagant goals like completing a marathon or working out for an hour every morning will only leave you more despondent if you fall short. Better to set yourself achievable goals and build up from there.

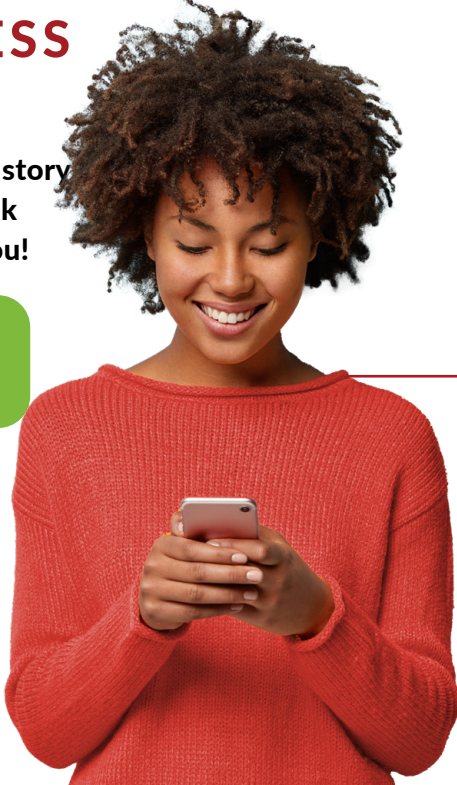
Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit [www.ahpcpt.com](http://www.ahpcpt.com).

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave a review. We look forward to hearing from you!

★ REVIEWS

[ahpcpt.com](http://ahpcpt.com)



— OCTOBER IS —  
**NATIONAL**  
**PHYSICAL THERAPY**  
— MONTH! —

Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

At Atlanta Human Performance Center, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery.



### APPLE, GOAT CHEESE, AND PECAN PIZZA

- 1 lb six-grain pizza crust
- Cooking spray
- 3 cups thinly sliced Fuji apple
- 1 cup crumbled goat cheese
- 2 tsp chopped fresh thyme
- 1 tsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 1/2 tsp honey
- 2 cups baby arugula
- 3 tbsp chopped pecans, toasted

Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

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**\*NEW LOCATION OPEN**

3015 CAMP CREEK PKY  
EAST POINT, GA 30344  
PHONE: (404) 446-1224

\* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM  
SAT & SUN. | BY APPOINTMENT ONLY