



TIP OF THE MONTH

Improve Outcomes with Physical Therapy Before a Knee Replacement

Many people with arthritis favor their joints over time in an effort to relieve pain and thus become weaker in their leg muscles or lose range of motion.

However, the better shape you are in before surgery, the better your results will be after surgery, so it is important to strengthen your leg muscles and work on your range of motion. Before surgery, your physical therapist will teach you appropriate exercises to help improve strength, range of motion, and balance. They will also teach you how to walk with an appropriate assistive device such as a walker or cane in the immediate post-operative recovery period. Finally, they will discuss precautions and advise you in a few short term home adaptations such as removing loose rugs to help make your recovery easier and safer.

PREHAB GOALS:

Develop an exercise program with your PT to help you:

- Improve strength
- Improve range of motion
- Improve balance

Gait training — Review walking with an appropriate assistive device such as a walker or cane in the immediate post-operative recovery period

Discuss precautions and review a few short term home adaptations that can help make your recovery easier and safer

Pre Surgery Exercise Plan:

Make every effort to begin these exercises as early as possible before your surgery. Only do what you are able to do without increasing your pain. It is important for you not to exacerbate your pain prior to surgery. Ice packs for 15 minutes following your exercises may be helpful to reduce any soreness in your knee.

For more information about what to expect before and after a knee replacement, please click [here](#) or call our office and ask to speak with one of our very capable physical therapists.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Be present in all things and thankful for all things”

— Maya Angelou

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Pumpkin Pie Squares

We've all done it... signed up to bring the dessert when the easiest route would have been a box of "add water" stuffing. Fear Not! We have just the solution!



Ingredients:

- 1 large can pumpkin (1 lb. 13 oz.)
- 1 can evap milk (13 oz.)
- 3 eggs
- 1 tsp nutmeg
- 1½ tsp ea. ginger, cloves, salt
- 1 tsp nutmeg
- 2 tsp cinnamon
- 1½ cup sugar
- 1 box of yellow cake mix
- 1 cup chopped walnuts
- 2 sticks of butter
- Whipped Cream

Directions:

Blend and mix all ingredients from the canned pumpkin through the sugar

1. Pour above mix into greased 9 x 13 pan
2. Sprinkle 1 box of yellow cake mix over the mixture
3. Gently pat down with a spoon
4. Sprinkle 1 cup chopped walnuts over all
5. Drizzle 2 sticks of butter melted over all
6. Bake 350 degrees for 50 minutes
7. Cool completely; Cut into squares
8. Serve with whipped cream



PT&Me Featured Article:

[Safe lifting practices for back injury prevention:](#)

Establish a Base of Support: Use a wide, balanced stance with one foot in front of the other. [more](#)