

ISR Physical Therapy Newsletter



TROUBLE AHEAD

APRIL, 2010



According to a recent study, an estimated 45% of American's will develop knee arthritis during their lifetimes. This finding stems from an analysis of data by researchers in North Carolina and at the U.S. Centers for Disease Control and Prevention. They found that people who maintain their weight within the normal range stand the best chance of avoiding this condition. Conversely, obese individuals and overweight people are at higher risk for the knee replacement surgery that treats this common type of arthritis, which wears away cartilage in the knee joint. As physical therapists know, strong leg muscles prevent stress from taking its toll on the knees. A trained professional can find the appropriate exercise that works best for you. If you decide to give physical therapy a try for knee arthritis, you can expect a physical therapist to evaluate your strengths and weaknesses. After an evaluation, the therapist will recommend specific exercises to improve your range of motion, build strength, and help you work towards certain goals—for example, returning to your normal activity level and regaining independence. If you or a family member needs physical therapy, please call ISR Physical Therapy.



Kristy Trosclair, PT



Hunter Gray PT, DPT



Jeanne Liner, PTA

Coming in May, Houma East Side Location.



Richard W. Bunch PhD, PT



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"No Excuses, Just Results!"