



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health & Rehabilitation

BROUGHT TO YOUR KNEES

JUNE 2008

As health-conscious Baby Boomers reach their 60s and 70s and continue to exercise, attention is increasingly being focused on osteoarthritis (OA) of the knees. This disease, which affects older individuals, occurs when the articular cartilage in the center of the knee wears away. When that happens, the viscous fluid (called synovial fluid), which surrounds the cartilage and acts as a lubricant between the cartilage and the leg bones in the joint, thins out and becomes less elastic. Consequently, the bones in the leg rub against each other, which causes pain and reduced mobility. At this point, it is time to seek treatment. Cross training and/or a switch to non-weight bearing exercise may help reduce the stress that causes knees to ache.

Osteoarthritis of the knee cannot be cured, but there are many ways to manage the pain that it causes. The treatment that's right for you will depend on how far your OA has progressed, how much pain you are experiencing, and what has worked (or not worked) for you in the past. If you or a family member needs physical therapy, consider receiving those services at ISR Physical Therapy. We emphasize manual physical therapy, treatment for back and neck pain, massage therapy, fitness evaluations, vestibular rehabilitation, TMJ dysfunction, ergonomic consulting, and much more.

www.isrphysicaltherapy.com

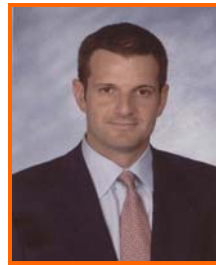
“No Excuses, Just Results!”



Richard W. Bunch PhD, PT



Trevor D. Bardarson, PT,
OCS



Marc Cavallino MPT, OCS



Kristy Trosclair, PT

Fit Tips:

Weight loss is crucial in combating osteoarthritis of the knees because every pound carried amounts to 4 or 5 pounds on the knee.

Move of the Month:

Walking in water that is waist high can help to take pressure off of the joints while still providing some resistance.



GET MOVING:

Not only does exercise help with weight loss but regular exercise also helps keep joints moving, restores and preserves flexibility and strength, and protects joints against further damage. It improves your coordination, endurance and your ability to perform daily tasks (such as walking).

“When I first came to therapy I had a hard time climbing in and out of my truck. I can now, happily, climb in and out without falling.” R. A.

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