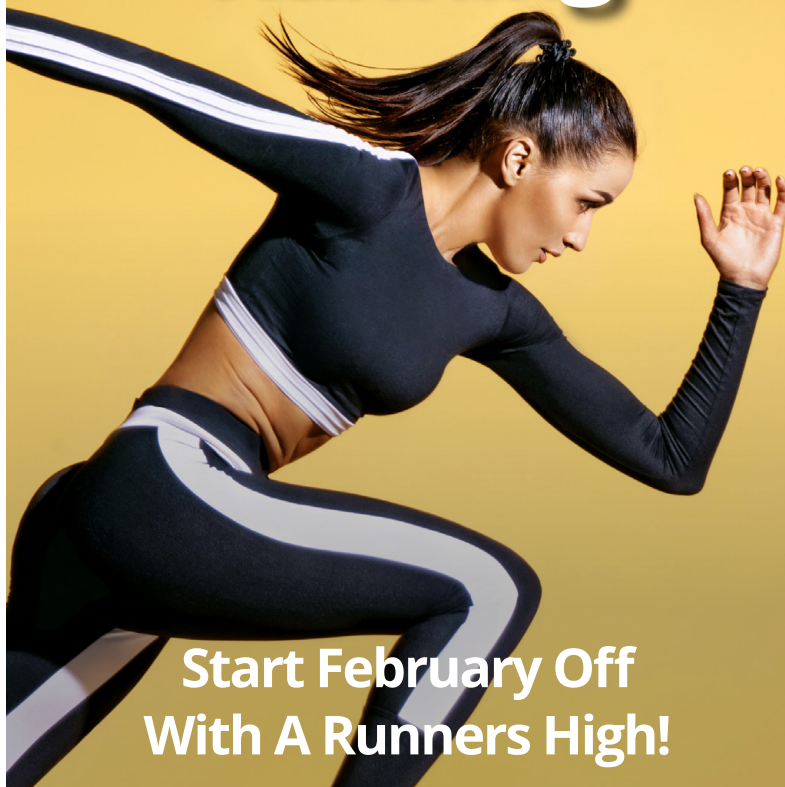


Get Back In The Running



**Start February Off
With A Runners High!**

ALSO INSIDE: Treat Running Pain With Physical Therapy

• Patient Success Spotlight • Exercise Essentials • Staff Spotlight



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Get Back In The Running With Physical Therapy

The knee is the most complex part of the body. As a hinge joint, it is responsible for bearing weight and limiting movement to a back-and-forth motion. The bones that make up the knee include the tibia (shin bone), the femur (thigh bone), and the patella (kneecap). These are all held in place by the knee joint and surrounded by ligaments, tendons, muscles, and menisci. Because of the complexities of the knee, sports and recreational activities (especially running!) can create a higher risk of injury.

WHY DOES MY KNEE HURT?

There are several knee injuries that can result from running. Some of the most common include:

- **Hamstring Strain.** Hamstring strains are common in athletes and can cause pain around the thigh or knee. Your hamstring is a group of three muscles that run along the back of your thigh and help in allowing you to bend your knee. One or more of these muscles can become strained, or even torn, through excessive use or injury. You can avoid hamstring tears by doing strengthening exercises of both the hamstrings and glutes, as they work together to bear weight. Stretching your hamstrings and quadriceps (the muscles at the front of the thigh) and doing warm-up exercises before a run will help in keeping them warm and loose, thus decreasing your risk of straining them.

- **Meniscus Tear.** A meniscus tear is one of the most common knee injuries. It occurs when the knee is twisted or rotated in a way that it shouldn't be, especially when your full weight is put on it. Both knees have two menisci, which are C-shaped pieces of cartilage that cushion your tibia and femur. When a meniscus is torn, the surrounding areas can become painful, swollen, or stiff. The movement in your knee may also be limited, making it difficult to bend or extend the knee.
- **Patellar Tendinopathy.** This injury specifically affects the tendon that connects your patella to your tibia. That tendon is known as the "patellar tendon." The patellar tendon works together with your quadriceps to allow you to run, jump, and kick. However, when the tendon experiences excessive overuse, it can become torn and inflamed, resulting in patellar tendinopathy. Those with patellar tendinopathy typically experience pain between the patella and tibia. You may only notice the pain while running or working out at first, but over time it can become more frequent and severe, interfering with daily activities. You can prevent patellar tendinopathy by strengthening your thigh muscles and improving your running technique with the help of a physical therapist.



Treat Running Pain With Physical Therapy

- **Iliotibial Band Syndrome.** Iliotibial (IT) band syndrome occurs frequently in runners, since it is caused by an excessive repetitive bending of the knee. The IT band is made up of a thick clump of fibers that run from the outside of the thigh, down the knee, and to the top of the tibia. IT band syndrome occurs when the IT band becomes too tight, making it difficult to glide smoothly over the knee, and resulting in pain and swelling. IT band syndrome can be avoided by doing thorough stretches before a run, preventing the band from becoming too tight.

If you are suffering from any of these conditions, or you are experiencing knee pain in general, it is important to schedule a consultation with a physical therapist. We will conduct a thorough physical evaluation to create a diagnosis and

determine where your pain is stemming from. Afterward, we will create a customized treatment plan based on the needs of your diagnosis and the severity of your symptoms.

Our treatment plans will incorporate both passive and active therapies for treating pain. Passive therapies are aimed at pain relief and healing, including specialized treatments such as manual therapy, ice and heat therapies, ultrasound, or electrical stimulation. Active therapies are aimed at increasing strength, flexibility, range of motion, and overall function. These include condition-specific exercises and stretches that will target the affected area and any areas that may be contributing to the pain. We will also provide a slow-motion video analysis of your running form along with restorative tips and techniques to avoid further injuries.

Call us at (785) 749-1300 or visit www.therapyworkskansas.com

Show Us Some Love!



If you've had a great experience at TherapyWorks, give us a shoutout! Scan the QR Code to leave us a Google review and help us help more people in our community!

Exercise Essentials *Helps relieve back pain.*

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



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The 9 Big Conditions That Can Stifle Your Stride

Problems with running are not a direct consequence of getting older. Rather, they are the effects of other conditions that become more common and severe with age. Common risk factors for severe problems with running include advanced age (older than 85) and multiple chronic disease conditions such as heart disease, arthritis, dementia, stroke, hip fracture or cancer.

Common conditions that contribute to running problems include some of the following:

1. Over-training
2. Over-striding
3. Hip flexor tightness
4. Hamstring tightness
5. Improper footwear
6. Improper foot striking
7. Back pain
8. Problems after surgery
9. Muscle weakness or coordination deficits

If you're experiencing any of these conditions and need help to get back on track, call Therapy Works at (785) 749-1300 today!



Staff Spotlight



Cindy Johnson
Owner, MSPT

Cindy completed her pre-physical therapy studies at the University of Florida and received her bachelor's degree in physical therapy at the Medical College of Georgia in 1988. She later received her master's degree in Biomechanics and Exercise Physiology from the University of Kansas in 1996 with a research focus on the spine. In addition, she completed a 2-year certification process in manual therapy in 2008. She has a special interest in orthopedics, manual therapy, and women's health. Cindy is a member of numerous professional and civic organizations and currently serves on several not-for-profit boards. Cindy and her husband Chris have 4 children. Her hobbies include travel, hiking, camping, and numerous kids activities.

Patient Success Spotlight



"I had an overall great experience with the DPTs and PTAs. They all were able to explain what we were doing and why. I will miss the muscle massages the most!" - Nicole

At Home Physical Therapy With Teletherapy

TherapyWorks provides a HIPAA-compliant telemedicine platform for their patient. We now offer services at a distance and through video telecommunications in the comfort of the patient's home. Stay safe and healthy and continue your PT treatment at home with Teletherapy.

Benefits of Teletherapy

- No transportation time or costs
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- Eliminate child or elder care issues
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- Less Chance of Catching a New Illness
- Less Time in the Waiting Room

Call us today to learn more about our teletherapy offerings!

Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworkskansas.com