



Brostrom Physical Therapy

Quote of the Month:

"Life isn't about getting and having. It's about giving and being."

- Kevin Kruse



Brostrom Physical Therapy

22180 Pontiac Trail
Suite E
South Lyon, MI 48178

Phone #: (248) 446-0155

Fax #: (248) 446-0177

Website: brostrompt.com

Email: therapist@brostrompt.com



"Hands-on treatment you need with the care you deserve."

Monthly Newsletter
February 2019

Acute vs. Chronic Knee Pain

Contributed by: Sarah Dacko, PTA

The Difference Between Acute Pain and Chronic Pain:

Acute pain usually comes on suddenly and is caused by something specific. Acute pain is sharp in quality but also may not always be constant in nature (it can come and go), and usually does not last longer than three months. As the underlying cause heals, pain will generally subside or dissipate. *Chronic pain* is ongoing and usually lasts longer than six months. This type of pain can continue even after the injury or illness that caused it has healed. Pain signals remain active in the nervous system for weeks, months, or years. Some people suffer chronic pain due to structural bone anatomy even when there is no past injury.

Common Causes of Knee Pain:

There are many acute injuries that take place at the knee joint. Regardless of whether the injury will or will not need surgery (based on an assessment from your Physician prior to starting PT), we still recommend the **P.R.I.C.E.** stage and an assessment for physical therapy. **P: Protect, R: Rest, I: Ice, C: Compression, E: Elevate.** With an acute injury, cold is the preferred modality because ice is a vasoconstrictor which will help reduce inflammation, whereas heat is a vasodilator causing increased blood flow and circulation over the area placed. Swelling is a typical sign of inflammation in an acute injury and, generally speaking, ice is recommended.

Common Knee Injury:

A common knee injury is **chondromalacia**. Chondromalacia is a condition where the cartilage on the undersurface of the knee deteriorates and softens. This can occur with young, athletic individuals or elderly patients if there is arthritis present. The loss of cartilage associated with arthritis can lead to a grinding or creaking sensation typically accompanied with movements into flexion and extension. The most common "creaky" symptom is called **crepitus** which is associated with bones rubbing against each other. There is a test we use in physical therapy called the Clarke's Sign to screen for chondromalacia.

Benefits of Physical Therapy for Knee Pain and/or Injuries:

If your Physician feels your acute injury does not require surgery, patients are **recommended to start therapy right away** to have a better prognosis. First, your condition will be assessed in an initial evaluation with a physical therapist to discuss your personal plan of care and assess if therapy is appropriate for your given knee condition. In the acute stages (1-4 days after a specific trauma), we will focus on range of motion and modalities to ensure proper movement of the knee joint and reduce pain and swelling. Working into the sub-acute stage (2-14 days after a specific trauma), we will begin to encourage more active movements and strengthening. *Our goal is to reduce the pain and work on achieving prior range of motion.* While the ideal measurement of knee flexion is 120 deg and 0 deg extension, we understand that every patient is different so we strive our best to achieve every patient's full potential.

Another common method of treatment in our therapy clinic is McConnell and Kinesio taping. Depending on your type injury and/or alignment of your knee this could be an effective step in progressing to achieve your prior level of function.

If you are experiencing pain in your knee (or both knees!), we encourage you to speak with your Physician regarding physical therapy. If a referral to physical therapy is given, myself and the physical therapists in our clinic would be happy to see you!



Caramel Macchiato Banana Bread



- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. ground cinnamon
- 1/8 tsp. salt
- 2 large very ripe bananas
- 1/2 c. caramel macchiato flavored liquid coffee creamer
- 1/2 c. vegetable oil
- 2 eggs
- 2/3 cup white sugar
- 2 Tbls. instant coffee granules
- 6 Tbls. unsalted butter
- 6 Tbls. packed brown sugar
- 1 tsp. vanilla extract

1 Preheat oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray. In a bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt.

2 In a large mixing bowl, mash the bananas with a fork until almost smooth, and stir in the coffee creamer, vegetable oil, eggs, sugar, and instant coffee granules until the coffee granules have dissolved. Gradually stir in the flour mixture, about 1/2 cup at a time, until batter is almost smooth, and pour batter into the prepared loaf pan.

3 Bake in preheated oven until a toothpick inserted into the center of the banana bread comes out clean, about 1 hour. Allow to cool before removing from pan.

4 Melt the unsalted butter in a saucepan over medium heat, and mix in the brown sugar and vanilla extract. Bring the mixture to a boil, stirring to dissolve sugar, and reduce heat to a simmer. Simmer the syrup for 3 minutes, allow to cool to a warm but liquid temperature, and pour the glaze over the banana bread. Serve when glaze has set.

GUESS WHO

Try to match each fun fact with their Therapist!

1. This therapist does not eat off of metal silverware/always uses plastic ware.

2. This therapist only drinks warm or hot water (not room temp. or cold).

3. This therapist does not drink carbonated beverages.

4. This therapist was adopted at the age of 5.

5. This therapist has a "special" go-to pen (and refuses to use any others).

6. This therapist LOVES the smell but hates the taste of coffee.



Amy



Ann



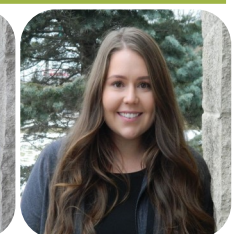
Carly



Danielle



Katie



Sarah

Our March 2019 Newsletter will reveal the answers!