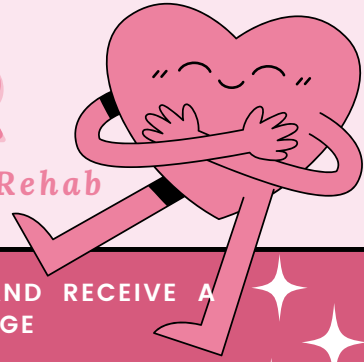


# FEBRUARY NEWSLETTER

The official monthly newsletter of Doctors Choice Rehab



## Valentines Day

REFER YOUR FRIEND OR FAMILY AND RECEIVE A COMPLIMENTARY 45 MINUTE MASSAGE

MASSAGE GIFT CERTIFICATES ARE NOW AVAILABLE TO PURCHASE FOR YOUR LOVED ONES

### YOUR HEALTH COMES FIRST

YOUR KNEE HURTS AND YOU WANT TO KNOW WHY. WHETHER IT'S AN INJURY, REPEATED STRESS, OR ARTHRITIS. DOCTOR'S CHOICE REHAB WILL HELP YOU WITH TREATMENT FOR YOUR PAIN AND PREVENTION!

CONGRATULATIONS TO THE PATIENT OF THE MONTH, BALJINDER K.

### KNEE PAIN SYMPTOMS



**Popping or  
Crunching**



**Redness &  
Warmth**



**Weakness**



**Swelling**

YOU DON'T NEED TO SUFFER ANY LONGER;  
GET RELIEF FROM YOUR KNEE PAIN

## WHAT IS KNEE PAIN?

Knee pain is a common complaint that affects people of all ages and is most often associated with general wear and tear from daily activities like walking, bending, standing, and lifting. Some medical conditions including arthritis, gout, and infections can cause knee pain.

## WHAT ARE THE SYMPTOMS?

The location and severity of knee pain may vary, depending on the cause of the problem. Signs and symptoms that sometimes accompany knee pain include:

- Swelling and stiffness
- Redness and warmth to the touch
- Weakness or instability
- Popping or crunching noises
- Inability to fully straighten the knee.

## WHEN TO SEE A PHYSIOTHERAPIST OR DOCTOR

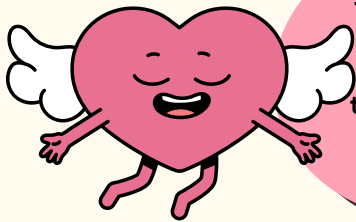
When you:

- Can't bear weight on your knee or feel as if your knee is unstable or gives out
- Have marked knee swelling.
- Are unable to fully extend or flex your knee
- See an obvious deformity in your leg or knee
- Have redness, pain, and swelling in your knee
- Have severe knee pain that is associated with an injury

## HOW PHYSIOTHERAPY TREATMENT CAN HELP

Physiotherapy for knee pain involves a thorough evaluation and assessment of your entire lower extremity from your hip to your foot. Your PT can assess your knee pain and prescribe the right treatment including manual therapy, exercises, and modalities that helps in decreasing knee pain and improving your overall mobility.

In doing so, they can stretch, flex, and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact GP immediately.



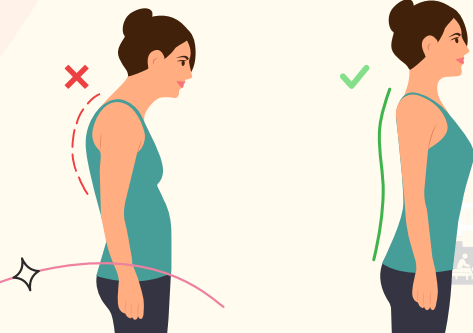
To support & maintain the quality of life you deserve, we offer physiotherapy, chiropractic treatment, and massage therapy Doctor's Choice Rehab. Call us at (905) 453 2566 to find out more information.

## WHAT TO EXPECT WHEN YOU SEE A CHIROPRACTOR

When the pain feels like it's coming from the knees, all the anatomical parts need to be examined. This includes;

- Low back, pelvis, hip, ankle, and foot need to be assessed because of the direct influence they have on the knee, and vice versa.
- As a chiropractor, a comprehensive medical history and a thorough physical and biomechanical examination are performed in order to make an accurate diagnosis and create a treatment plan. Each patient will be given a personalized care plan.

Standing:



## ADDITIONAL TIPS

### DO'S

- Rest a Sore Knee. Take a break so your knee has time to heal
- Watch Your Weight
- Use Heat and Cold
- Try braces
- Support your arches
- Get expert advice

### DONT'S

- Stay on the Couch Too Long
- Risk Slips, Trips, or Falls
- Forget to Stretch
- Sleep in the Wrong Position
- Wear out your knees
- Keep wearing the same old shoes