



WHEN SHOULD YOU  
**GET A KNEE REPLACEMENT?**

[www.TherapyWestPT.com](http://www.TherapyWestPT.com)



Has your pain come back? We would love to help!  
Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

# When Should You Get A Knee Replacement?

I'm often asked the following question —

*"When should I get a knee replacement?"*

After being a physical therapist for 25 years, here is my opinion.

Surgery should always be a last resort after the more conservative measures of physical therapy, injections, and medications have been attempted. But sometimes, the more conservative measures don't work and surgery is necessary.



The following questions can help you determine if a knee replacement is right for you:

1. Is your pain long-lasting and unremitting?
2. Does your arthritis make walking, working and even sleeping difficult?
3. Are your knee stiff and swollen?
4. Have you had a deformity since birth or a knee injury that has accelerated degenerative changes to your knee?
5. Does your knee hurt at rest?
6. Do your legs bow in or out?
7. Does your knee pain limit your physical activity?

If you answered yes to several of the questions above, you are most likely a good candidate for a knee replacement.

## 5 benefits of seeking physical therapy first.

Patients who are active in their care get better results. We want you to feel heard, cared for, and valued as a patient as we work together to help you feel your best. Curious about the benefits of a PT-first approach? Here are five benefits.



### A PT-first approach offers:

1. Improved pain management and surgery avoidance
2. Up to 47% less risk of recurring low back pain
3. Reduced risk of opioid use and abuse
4. 72% reduction in treatment costs without compromising clinical outcomes
5. Positive impacts on mental health



**Book An Appointment Today!**

# When Should I Get My Knee Replaced?



Again, here is my opinion. It will take several weeks (2-3 months) to thoroughly rehab your new knee. Being committed to your rehab gives you a better result and a knee that will last longer. Therefore, if possible, pick a time of year where activities conflict as little as possible with your rehab. For example, if you live for summers and enjoy going up in the mountains, don't get your knee done in June.

Another consideration is how can you optimize your insurance benefits. Too many people make the mistake of waiting until the very end of the year so they don't have to worry about meeting their deductible. This can be a mistake for a couple of reasons. First, surgeons will get very busy in December and you may have to wait until early the following year for your surgery. Second, don't forget you will have rehab for several weeks after the surgery. If your rehab goes into the following year, you will have to "meet your deductible" again beginning January 1".

I'm a believer in total knees for several reasons, the most important of which is patients get a new lease on life and start living life again.

**If you have questions, please call us!**

Derek C. Overly, MSPT  
Therapy West Co-Founder



If you are struggling with knee pain, see our website for additional information on your condition by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com)



## Feel Better By Eating Better!

### Buddha Noodles

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

**Gunnison** 435.528.7575 | **Ephraim** 435.283.6334 | **Mount Pleasant** 435.462.0178 | **Richfield** 435.896.4282 | **Bicknell** 435.425.3719



# 6 Food Choices To Help Ease Arthritis Pain

## 1. Broccoli, Brussels sprouts and cabbage.

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.

## 2. Fatty fish

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.

## 3. Garlic

Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.

## 4. Tart cherries

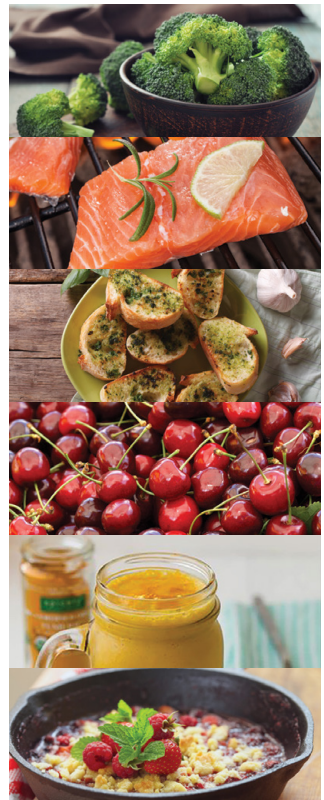
Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color—anthocyanin.

## 5. Turmeric

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.

## 6. Vitamin C

Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.



## Exercise of the Month Quad Set



While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

*Offer Expires: 10/31/21*