



PT CAN HELP YOU FIND ANTERIOR KNEE PAIN RELIEF

Do you notice pain in the front of your knee when you squat or walk downstairs? Do you feel pain around the kneecap when you are running? You may be experiencing anterior knee pain.

At G3 Physical Therapy, our highly trained physical therapists can assess your knee pain and help develop a plan to resolve your pain and get you back to doing what you love!

Anterior knee pain is felt at the front, center, and around the patellofemoral (i.e., kneecap) joint. Some of the other symptoms that present with anterior knee pain include:

- Stiffness (i.e., limited or difficult bending)
- Muscle weakness
- Problems walking (especially when climbing stairs)
- Snapping, crackling, and popping sensations (i.e., crepitus)

Many people try to push through the pain they feel, but this can worsen the issue. Whether or not it is sharp or dull, pain in the knee should be paid attention to and not pushed through. Fortunately, at G3 Physical Therapy, our therapists are experts at treating all types of knee pain.

Call today to schedule an appointment with one of our highly skilled therapists and let us help get your knee feeling better!

WHAT CAUSES ANTERIOR KNEE PAIN?

Anterior knee pain is a symptom, not a diagnosis. Numerous possible conditions are causing pain to be felt in the front of the knee. Interestingly, the root cause rarely has to do with the kneecap, rather, the two bones that it sits on—the femur (thigh) and/or tibia (shin). Since the femur is controlled by the hip joint and the tibia is controlled by the foot/ankle complex, anterior knee pain is most commonly caused by hip and/or foot/ankle dysfunction.

Pain in the front of the knee can come from many sources, including:

- A weak hip
- A stiff or hypo-mobile hip
- A flat or over-pronated foot
- A stiff, high-arched foot
- A stiff ankle

Our physical therapists will perform a thorough examination and use our in-depth knowledge of the structures and typical injury patterns to identify what is causing your pain and how to resolve it!

HOW CAN PHYSICAL THERAPY HELP TREAT ANTERIOR KNEE PAIN?

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception to get to the root cause of your anterior knee pain and treat it accordingly.



Specific tests include the following:

- Pain location and type
- Instability problems
- Alignment of the entire lower extremity
- Foot/ankle structural assessment
- Hip mobility assessment
- Hip strength assessment

Additional indications that physical therapy intervention is needed include difficulty performing specific functional tests, including challenges with squatting, step-up/down exercises, and single-leg balance.

We will create an individualized treatment plan specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

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WHAT TO EXPECT IN PHYSICAL THERAPY

Anterior knee pain is a common condition that responds to physical therapy interventions focused on patient education and restoring joint mobility and muscle function to handle progressive loads. Our therapeutic programs will include exercises that help to reduce and/or manage pain.

Education is essential to understand the condition you are dealing with and the underlying issues causing your problems. Strengthening is the foundation for long-term improvements in pain and function. We will implement movement retraining based on any faulty techniques that are identified during activities that provoke pain.

If you live with recurring knee pain or discomfort that has lasted for more than 7-10 days, it is in your best interest to see a physical therapist.

CONTACT OUR CLINIC TODAY!

At G3 Physical Therapy, our physical therapists are experts in joint movement and function. We can help you figure out why you are experiencing pain and how to resolve it.

Call today to get started!



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HEALTHY RECIPE

PEPPERMINT MARSHMALLOW CRUNCH COOKIES



- 2 large egg whites, about 4 tablespoons
 - ½ cup honey, lighter colored preferred
 - pinch of sea salt
 - ⅓ teaspoon ice water
 - ⅓ teaspoon lemon juice
 - ⅓ teaspoon peppermint extract
 - optional: red food coloring (I used Wilton but this is an all natural one)
1. Prepare your dehydrator or preheat oven to 170 degrees.
 2. Bring 2 inches of water to a simmer in a saucepan. In a heatproof stand-mixer bowl, combine the egg whites, honey, and pinch of salt.
 3. Place the bowl over the simmering water, careful not to let it touch the water. Whisk the egg whites vigorously until the mixture registers 140 degrees on an instant-read thermometer, 2 to 3 minutes.
 4. Remove from the heat, then transfer the mixing bowl to your stand mixer. Immediately begin whipping on medium-high until mixture has cooled and formed stiff, glossy peaks, 6 to 8 minutes.
 5. Reduce speed to low and add water, lemon juice, and peppermint extract. Raise speed to medium, and whisk until combined.
 6. Line trays with parchment paper then spoon meringue into a pastry bag fitted with a star tip. Pipe the meringues into star shapes or candy canes.
 7. Fill a bowl with 1 teaspoon water and 6 drops of red food coloring. Dip a Q-tip in it and lightly paint the red stripes.
 8. Place the trays in the dehydrator at 150 degrees for 24 hours, then turn the dehydrator off and leave the door closed for 30 minutes. The cookies will be soft to the touch until they cool completely.
 9. For the oven method – bake at 170 degrees until hard to the touch but not cracked or browned, 2 to 3 hours. Let cool in the oven with the door closed.
 10. Immediately place in an airtight container as these cookies will absorb atmospheric moisture. If they get sticky, just pop them in the oven at 170 for 10-15 minutes. Cookies will keep for 5-7 days.

EXERCISE OF THE MONTH

Movement Pattern #4: 6 Fundamental Movement Patterns for Alignment, Balance & Strength

This movement pattern helps your body and your brain. The diagonal crossing of your legs and arms stimulates your brain beyond what you do with just walking. This is essential for young and older athletes. We are all athletes, it's a functional movement pattern for any sport and lifestyle. We all need reflexive reactions to move in all directions, this helps with balance, coordination, and strength to prevent falls and unwanted injuries.

CrossOver lunge with arm swing away from lunging side

1. Start position: Stand in your normal standing position with relaxed shoulders.
2. Cross step over standing leg, bending both knees and keeping both heels on the ground. (If you're working on improving your balance, hold on to a counter when starting this.)
3. At the same time, swing your arms opposite/away from the lunge side. (Skip arms and focus on legs if you've never done this before)
4. Return your feet and hands back to standing start position.
5. Repeat 5 times on each side and repeat 2x.

Why do we teach this every day? At G3 Physical Therapy we use a strategic set of movement patterns, both as a test and as an exercise. It may look simple, but requires flexibility, coordination, and strength, all at the same time. Over the next months, we will be sharing the different movement patterns. How each individual performs this whole body movement patterns, gives the physical therapist clues about the health of your muscles and joints from head to toe, literally! If you can master these movements, you're on your way to restoring alignment and keeping your muscles and joints supple and strong!!

Safety is always first, so please Call G3 Physical Therapy and ask our expert movement professionals to properly dose the intensity of any exercise. The goal is always to provide an exercise that you can be successful at and for it to be challenging at the same time.



HAPPY HOLIDAYS FROM G3!

Wishing you a very happy, safe, and blissful Holiday Season and a happy, safe, and prosperous New Year! We want to express our sincere gratitude that you have entrusted G3 with your physical therapy needs. I'm not sure we say thank you enough for the trust and confidence you place in all of us. It's humbling that you continue to turn to us to partner with you in helping to take care of your pain and return you to your best life. Especially with all of the challenges, uncertainties, and unknowns, we take your trust very seriously and are grateful for the opportunity to enhance the quality of your life.

Thank you from the bottom of our hearts.

Mike & Sandra



WE GET RESULTS

“Amazing group of PTs!! After having 4 hip replacements in the last 16 years, I have been through so many PTs I can't even count, but I am NOT kidding when I tell you that G3 was a game changer!! It literally changed everything for me. They identified the reasons for all my back problems and they got me to such a good place, that I took up Beach Volleyball (at age 60), after not being able to play any sports for almost 15 years. I go to them now to address my VB issues, mostly overuse (ha ha, but it's true) and they always get me back on track and also help me stay ahead of potential issues. That's really key. I have referred so many people to them and they all loved G3. Tom and Alex are the 2 I go to, and I cannot express how grateful I am to their entire team. I HIGHLY recommend them. They literally changed my life...for the better, and I am so grateful.”

-Val V.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

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★ SOLANA BEACH LOCATION

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