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DID YOU KNOW?

Healthy cartilage is incredibly strong and can handle high loads. For example, running can cause loads up to 6 times your body weight! Even biking can cause loads up to 2 times your body weight!



Caring for Your Cartilage

Have you ever wondered how to treat knee osteoarthritis? The damaged tissue in osteoarthritis is actually cartilage, which acts as a shock absorber. Cartilage is a living biologic tissue that gets its nourishment through movement. Healthy cartilage can withstand high loads, but cartilage that's injured, deconditioned, or diseased can no longer withstand the load and gets further damaged. In fact, it can eventually wear away, causing an extremely painful "bone on bone" situation. This could lead to joint replacement surgery.



So how do you know you're doing damage? There are three things to monitor: stiffness, pain, and swelling. These may occur during the activity or even up to 1-3 days after the activity.

Fortunately, there's hope through treatment. PTC's Janna Ogle-Geiger says that proper treatment of knee osteoarthritis can stop further damage and, in milder cases, actually regenerate new cartilage.

"Proper treatment includes a healing stimulus that is a very low load and has very high repetitions," Janna says. "This provides optimal metabolism of the cartilage and does not cause further damage."

"The key to proper treatment is managing the load on your knee," Janna says. "Too much load and you are doing damage. This is common when activities exceed the load capacity of the cartilage."

One simple way to achieve this is to rock in a rocking chair, letting your knees bend and straighten with ease and no pain for hundreds of repetitions. Proper dosage of the exercise is critical; if you have any increase in stiffness, pain, or swelling, the exercise is too difficult and will require modification. Keep in mind that too much motion and/or load can easily overload your joint surface. Therefore, an exercise program may require a variety of motions and ranges. To learn more, feel free to call the PTC office or e-mail janna@ptconsultants.net.

Cuddle Up with Cocoa



It's hard to imagine a romantic dessert that doesn't include chocolate. Whether it's nestled in a box or wrapped around a strawberry, chocolate has a memorable impact on any special event. But did you know it also does wonders for your heart?

In general, the more cocoa in the chocolate, the more antioxidants you obtain. Increasingly, dark chocolate makers are advertising cocoa content on the package. Seventy percent or more is a good number to shoot for. And you may want to avoid chocolate or cocoa that has been alkalized, or Dutch processed, as this process significantly reduces the amount of nutrients.

Many people forget that chocolate and cocoa are derived from a plant—just like fruits and vegetables. The plant compounds found in dark chocolate and cocoa, which are called flavonols, have a powerful effect on cardiovascular health. In the body, these flavonols (a class of antioxidants) relax blood vessels, likely helping to lower blood pressure. In theory, that could reduce your risk for cardiovascular disease.

While all this sweet news may tempt you to substitute a Snickers bar for a couple servings of greens, keep in mind that you shouldn't add huge portions of chocolate to your diet. Chocolate is high in fat and calories, so enjoy it in small portions—an ounce or so every day. Fruits, veggies, and whole grains should still take center stage at any romantic meal.

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PATIENTS KNOW THEY
HAVE BEEN HELPED AT
PTC!

Food Bank Facts: 39% of households served reported having to choose between paying for food and paying for utilities; 28% had to choose between paying for food and paying rent or mortgage; and 29% had to choose between paying for food or paying for medical care.

Spreading Love Through Food

Looking for a new way to spread the love this Valentine's Day? If so, there's great news—it may be as simple as picking up a few extra items at the grocery store.



That's because PTC is participating in the Food Bank's *23rd Annual Food for Families Food and Fund Drive*. This special event is one of the Food Bank's largest community-wide events of the year. In fact, the food collected during this time will help the Food Bank prepare for the busy summer months when Oklahoma's children no longer have access to free or reduced-price breakfasts and lunches at their schools.

So how can *you* help these children in need? With the help of PTC, participation couldn't be easier. Simply drop your donations off at the PTC office during the week of March 3rd between 7:30 a.m. and 5:30 p.m. The PTC staff will see that every item is delivered to the Food Bank.

So what should you add to your usual shopping list? Most needed items include tuna or other canned protein, peanut butter, canned veggies and fruit, chili/soups/stews, 100% fruit juice, rice, pasta, and pasta sauce.

The food PTC delivers to the Food Bank will be sorted and boxed by volunteers. It will then be made available to the Food Bank's 425 partner programs throughout 24 counties in Eastern Oklahoma.

Worried that you won't have time to drop by the PTC office with your donation? The Food Bank also accepts donated funds. No amount is too small. In fact, just \$1 provides 7 meals to the hungry in Northeast Oklahoma!

To read more about the Food Bank or to learn how to donate funds, visit the Food Bank's website at www.cfbeo.org or call (918) 585-2800.



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