

HAPPY NEW YEAR FROM PTC!

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PT TIP OF THE MONTH

Did you know you have a right to go where you want for your physical therapy? There are some insurance companies that dictate where they will pay for services, but neither the insurance company nor doctor can tell you where you *have* to go.

TAKING A LOOK INSIDE THE KNEE



How many times have you heard of someone tearing a meniscus? How about a torn ACL? You might even visualize a football player limping to the sideline. Then you might see slow motion replays of the player's knee twisting or moving in an unnatural direction. Although this example is helpful, learning about the anatomy of the knee will help in understanding how this joint is injured.

The knee joint is where the thigh bone (femur) meets the two lower leg bones (tibia and fibula). The ligaments that connect the bones together are the two outer ligaments—the MCL and LCL (Medial and Lateral cruciate ligaments) and the two inner ligaments—the ACL and PCL (Anterior and Posterior cruciate ligaments). The MCL and LCL prevent lateral shearing of the femur on the tibia, and the ACL and PCL prevent excessive anterior/posterior shearing and twisting motions of the femur on the tibia.

The articulating surface of the tibia is concave and lined with a medial and lateral meniscus. The menisci are cartilaginous “C-shaped” structures that also provide stability and integrity of the knee joint, again helping to prevent excessive movement where the femur and tibia meet.

Articular cartilage is a different type of cartilage than the meniscus. This cartilage covers the articulating ends of the femur and tibia and acts as a shock-absorbing surface. Articular cartilage has a poor regenerative quality and is damaged from excessive loads and excessive shearing motion.

The design of our knees provides an amazing variety of flexibility, strength, and load-bearing capacity. Injury occurs when the demand on the tissue is greater than its physical capacity. Do you have knees that are working past their physical capacity during everyday activities? In the next newsletter, we'll discuss if and how you can improve the physical capacity of your knee.

LOVING LUNCH ON THE JOB

Are you a desk diner?

Are you one of the nearly 70% of Americans who eat lunch at their desks several times a week? While you can't always control your work load, there are some ways you can make office dining a bit more figure-friendly.



Start by packing a lunch from home that's moderately-sized and full of healthy ingredients—like chicken, nuts, and veggies. Avoid take-out lunches, which tend to be expensive and heavy in fat and calories.

To avoid mindless eating, take a break from checking your e-mail while you dine. Savor each bite of your meal and chew thoroughly.

If you don't have time to move around during your lunch break, look for small ways to get in some physical activity throughout your day. Walk to the water cooler, visit a co-worker's desk, or park in the farthest spot in the parking lot.

And remember to keep your workspace clean by wiping everything down with disinfecting wipes once a day. Be sure to clean your keyboard, phone, and mouse as well—and avoid touching these surfaces while munching. Otherwise, you're just contaminating your food.

Finally, invite a co-worker over and add some fun conversation to your lunch hour. De-lish!

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PATIENTS KNOW THEY
HAVE BEEN HELPED AT
PTC!



Looking for something to do with that stack of beautiful cards leftover from the holidays? Create recipe cards! Simply clip off the front flap of the card and write your recipe on the white space on the back. Add the name of who gave you the card and the date. It's a great way to remember your loved ones when you dig out your favorite recipes!

LEAPING FOR JOY IN 2008!

Have you checked your calendar lately? If so, you've probably noticed there's something special about 2008. Get ready for an extra day in February—it's a leap year!

Leap years are needed so that the calendar is in alignment with the earth's motion around the sun. A leap year is 366 days, with 29 days in February instead of the usual 28. This year, February will have five Fridays—it will start and end on a Friday.

Everybody loves Friday, so why not use an extra one to do some of the things you wished you had more time for.

Start in the kitchen with a healthy, homemade breakfast: stovetop granola. Pour a tablespoon of olive oil in a skillet and stir in 2 cups of whole oats. After the oats are browned, pour them onto a cookie sheet to cool. Add a 1/3 cup of butter, a 1/3 cup of packed brown sugar, and 2 tablespoons



of honey to the skillet and stir until bubbly. Return the oats to the skillet and stir everything together. Once cool, add some toasted almonds and dried cranberries for a hearty kick.

If you're looking to celebrate leap year with an outdoor activity, remember to wear synthetic fibers closest to your skin. When it's snowy outside, avoid wearing cotton. It acts like a sponge and absorbs moisture from snow, keeping it close to your body. Top your synthetic fibers with a layer of fleece, followed by a windproof, waterproof outer shell to keep you warm and comfy.

Even if you spend your extra day tidying up around the house or going out with friends, always stay hydrated. Drinking plenty of water during colder months allows our thermoregulatory systems to operate optimally, keeping us warm. Just remember to avoid alcohol, which dilates blood vessels and dissipates heat.

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