

**POWERFUL ADVICE TO
TAKE CHARGE OF
KNEE PAIN**

**WITHOUT INJECTIONS,
PILLS, OR SURGERY**

**BONUS: 8 EXERCISES
TO HELP MAKE YOUR KNEE
PAIN A MEMORY**

 **achieva**
rehabilitation

KNEE PAIN



CHEERS TO YOU FOR TAKING ACTION AGAINST KNEE PAIN

I applaud you for taking action in reading this guide. It shows that you are not relying on others to find a solution to the challenges in your life because of your knee problems. That's very impressive to me because as a nation, we've come to be a little passive when it comes to caring for our bodies and we believe that it's a big mistake to do so. Furthermore, modern medicine is often guiding you down the wrong path when it comes to dealing with knee discomfort. Am I right?

As we always say in our organization, pain is not a natural part of aging. Sure, knee pain can be common as you get older but being lucky enough to live past your 50s and 60s doesn't mean you have to struggle with nagging knee pain. Your quality of life doesn't have to suffer. You CAN get back to being an active grandparent and getting down to play with the little ones in your life. You CAN get back to comfortably walking up and down your steps. You CAN get back to not feeling like you need a shot of oil every time you get out of bed or up from a chair after dinner. You CAN get back to smiling rather than frowning with pain every time you are out and about doing whatever it is that makes you happy!



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INTRODUCTION: “In this special report” on [actually improving knee pain](#), I share with you very powerful principles and strategies you can make work for you – some over time and others almost instantly.

Have you been told that it’s [natural](#) to have knee pain as you age? Has your doctor recommended that you get [injections \(an 8 inch needle filled with steroids rammed into your knee\)](#) to help your pain. Have you consulted with a surgeon or had to lie in that smothering cylinder of death called an [MRI](#) to determine what is wrong with your knee? What [pills](#) are you taking to manage the pain? I wonder if anyone ever mentioned [simple exercise](#) or some [easy lifestyle changes](#) that actually make a difference or if they just stuck to the old recommendations.

Since you are here, you obviously have not found any of those things to be an acceptable solution to your particular problem. And again, a round of applause, a pat on the back and a high five to you for [taking action on your own behalf!!](#)

Truth is, without knowing your history intimately, I cannot tell you which of these will work best for you. And even if I did know the problems you are having because of your knee pain, there are no guarantees that any one single strategy will work. But over the last 10+ years, I’ve been able to narrow down what really does and doesn’t work when it comes to Knee pain.

And the tips you are about to read are some of what we know to work. What’s more, this report shows you how to actually fight back against Knee Pain– for no cost whatsoever, other than that of your time. And that’s what most people who request this report are shocked to discover... that there IS a way to gain life altering education without needing a referral from a doctor.

So, here’s my challenge to you... now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural strategies. I think you’ll be pleasantly surprised by how much better and healthier you will feel for doing so.



Important notice : combine ALL of the “tips” in this Special Report simultaneously and you will likely see a great improvement in your mobility, your knee comfort, and ultimately, the realization that getting back to **enjoying life IS POSSIBLE again!!**

What causes knee pain?

For most people, in the absence of a true pathology or injury, good ole arthritis is often to blame.

Osteoarthritis occurs when the cushioning tissues (cartilage) between your thigh bone and your shin bone begins to wear down. As you walk and move around in a standing position, these tissues are reducing the stress on your bones and absorb the shock of your body weight being pulled down by gravity. If you are in your 60s, you’ve likely taken around **95 million steps** in your life as well as any jumping or running you’ve done. That’s a lot of shock absorption and it’s just too bad that we don’t have warranty cards so that we can replace the cartilage without a major surgery just like we do our tires. Wouldn’t that be nice?

Just as your tires wear down, they begin to lose the rubber that supports the weight of the car and they need to be replaced. Your knees begin losing cartilage and it gets thinner and the result is that the bones begin rubbing against each other stimulating **sensitive pain nerves and causing some swelling and stiffness.**

This wear and tear is worse if you are **overweight**, have had past **knee injuries**, or have a family history of advanced arthritis. Granted, as I’ve stated, there could be reasons that your knee hurts that are not simply related to arthritis. If the guidance in this booklet is not beneficial, please consult with your physician for a closer look. **The advice in this guide should have a very positive impact on those that have arthritis in their knees.** It’s the same advice I gave to **my own mother** who cried with pain fearing that surgery might be the only solution to her knee pain. I’d like to tell you a little bit about her story because I think it will probably be relatable to your unique situation.



My mother is a seamstress. **She is 70 years old**. She spends a fair amount of time getting onto the floor to measure and mark hems and work on dresses for proms and weddings. She spends additional time sitting in front of a sewing machine to actually make the changes.

She spent a great deal of her life being somewhat **addicted to diet soda**, which fortunately she quit but she also has **a sweet tooth currently** and would snack throughout the day on sugary treats. She is not overweight. She was never an athlete but she was active in being a grandmother. Oh! And, she likes to try to **“figure it out on her own”** when it comes to feelings in her body that are not normal, like knee pain.

She had pain in her knee for a very long time, months before she asked me for advice. Within that time, without me even knowing that she **“didn’t want to bother me”**, she had tried injections, which worked for a few days at most.

She adapted her movement to the point where every step she took was with a **purposely stiffened knee**, not allowing it to bend when she walked and doing everything she could to protect it. She thought NOT MOVING was the answer.

Before her pain spiked, she had been able to exercise through walking the town, but this became impossible to her. She went up and down the steps leaning on the wall and protecting her leg. She shed tears with the pain and then asked me for advice when she didn’t see any other path to getting back to the life that she wanted.

She was reluctant in the beginning, again, very scared because any movement caused pain and here I am recommending movement. **(More on this later)**. Eventually, she took the advice I gave her and her pain is essentially gone and she continues to follow the advice in this guide.

She got back to her life again without pain and you can too.



Let's get started!

Ways to prevent/manage knee pain.

- 1. Avoid Inflammatory Foods.** Yes, there are foods out there that contribute to the inflammation in your body. Inflammation leads to tissue breakdown especially when it's chronic and with arthritis, you are already dealing with a lot of inflammation. So, we need to avoid eating things that make it worse. Examples of foods that increase inflammation in your cells are processed foods, sugary foods, red meat, dairy. I would also avoid food with ingredients that are difficult to read.
- 2.** On the flipside, there are foods that actually **reduce cellular inflammation** such as fish, fruits, vegetables, whole grains, yogurt, red wine, nuts.
- 3. Drink more water.** Your knee joint tissues are made up mostly of water. In order to keep that water doing what it should be doing (cushioning your knee joint), drink more water!
- 4. Don't smoke:** Another substance that contributes to inflammation in your body. Your knee may be the least of your worries if you smoke.
- 5. Lose weight:** If you are marginally overweight, losing some of those pounds reduces the stresses on all the joints of the body. For every extra pound of weight you carry, it adds about 4 pounds of pressure through your knee joints. If you are 10 pounds overweight, that's 40 pounds of pressure that is extra on your knees. Try walking around with a 40 pound weight on your back...that's what your knees are doing if you are ten pounds overweight. Obviously, the more overweight, the more stress your knees feel every single step you take.
- 6. Wear shoes that take some of the cushioning.** Running shoes are great and certainly your podiatrist may recommend other footwear to add as additional shock absorbers.



And now the bread and butter of our program. It's the grand finale, the evening gown competition for Miss America, the star on top of the Christmas tree, the most important thing you can do to reduce knee pain so that it doesn't stop you from living is **EXERCISE!!**

But, we must be very diligent with the rules we use for exercising that will help you the most with pain.

My first rule is to do exercises that are **low-impact**, movements that don't rely on your foot hitting the ground, putting direct pressure through your knee joints. High impact exercises are running, jumping rope, skipping, climbing stairs etc. We can introduce these exercises after we learn how to manage the knee discomfort that you are feeling now. Low impact exercises would be those described within this guide as well as cycling, swimming.

My second rule is to **move often**. One of the worst things you can do as a response to discomfort in the knees is to move less.

Your knees need and crave regular motion. Your joints have a lubricant called "**synovial fluid**" and when you don't move, that fluid gets stagnant and stuck and the result is stiffness. When you regularly move your joints normally (don't hold them stiff when you move around because you are afraid of the potential for pain), the synovial fluid circulates and protects the sensitive structures in the knee much more than without movement.

My third rule is that you need to **listen to your body**. Your body may not speak in words but it talking to you at many points in your day. If your body has less pain, you probably did something that it liked. If your body has more pain, you may have done something that your body didn't like. Of course, that is not 100% correct in all circumstances and that's why our clients benefit from having our full, one-on-one attention for 60 minutes allowing us to focus completely on what they are doing, and make adjustments so that their great outcome is more likely.



MOVEMENT IS MEDICINE!!!

Let's get into my bag of exercises. Strengthening and stretching the large muscles around your knee and hip are great ways to fight knee pain. Please realize that these exercises represent only the beginning of what you can do to help reduce your pain but they are still effective long term. I would do these as much as you feel they are benefitting listening to what your body is telling you as you move forward. I don't often give a fixed number of repetitions of exercises to perform but if it helps, it might be good to begin with 3 sets of ten repetitions, although since we are **moving gently** with these movements, most times much higher repetition numbers are very beneficial to get that fluid moving and get that stiffness to dissipate. Move up in numbers as you gain some benefit. Above all, if these reproduce your pain after the first several, you may need guidance from a professional. We should not be causing pain.

- 1. Heel slides:** Laying down, simply slide your foot toward your bottom bending your knee. Start off slowly and only move as far as you can without increased pain. It may feel stiff initially but the more you do, that fluid will loosen up inside and make it feel better.
- 2. Straight leg raises:** Laying down, lock your knee straight and lift your leg up about 12 inches off of the surfaces slowly.
- 3. Clamshells:** Lay on your side. Bend both knees with one on top of the other and top ankle on top of your bottom ankle. Simply open up the clam by lifting your top leg toward the ceiling, keeping your ankles together. Switch to do the other side as well.
- 4. Knee straightening stretch:** Laying on your back, hold your thigh with your hands and straighten your knee moving your foot toward the ceiling to stretch your hamstrings.



SINGLE LEG STANDING MOVEMENTS

If you have pain in one knee but not the other, we can do some standing movements that will be beneficial. Do these standing holding onto your sink for balance support, exercising the leg with the knee pain.

1. **Knee lifts:** Lift knee upward bending your hip
2. **Side kicks:** Kick leg to the side and back in.
3. **Backward Kicks:** Kick leg backward. Don't bend your upper body forward.
4. **Knee bends backward:** Bend your knee trying to bring you foot close to your bottom.

What if you're not at all active? Research shows that exercises guided by a physical therapist can help sedentary folks dramatically improve their strength and mobility at any age or ability level.





Conclusion

So, there you have it: Tons of things that you can do TODAY to keep active, improve your mobility, your posture, your balance, and your general health, as well as live with LESS worry about knee pain, pills, injections, surgery.

There's obviously only so much you can do, and I could go much more in-depth on ways to drastically improve your pain other than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

Through this report I wanted to prove to you that there ARE many things you can do to improve knee pain before it stops you! AND that you don't have to accept it as a part of your life and throw in the towel, nor do you need a referral from a doctor to get the help you're looking for!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Achieva Rehab will become the source of leading-edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

If you have any questions in the coming weeks about how to successfully implement these tips, please feel free to call me, text me, or send an email.

Dedicated to Restoring Your Health,

Joel J. Digris, Owner

Achieva Rehabilitation

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KNEE PAIN



WHAT TO DO NEXT?

The best advice that I can give to you today is to seek the help of a physical therapist that specializes in knee pain. Our program specializes in treating people with pain and we also specialize in helping those people get back their activity and independence without pills or a calendar full of medical appointments. We have easy ways to continue your relationship with Achieva Rehab, ultimately moving to the solution that you are looking for.

- 1. Call us at the number below and we will set up your program.** You don't even need to go to your doctor...we will take care of everything for you. We will call your doctor to discuss your case and develop a plan to help you get your life back.
- 2. Schedule a FREE phone assessment** with our specialist...go to our website to make arrangements or call to request the assessment.



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That's why we let our patients tell our story.

Trust us! Our patients have provided us with more positive testimonials and feedback than any home health agency or brick and mortar physical therapy clinic in the area because they experience significant functional mobility improvements and that makes them **exceedingly happy**. And, we think you should care deeply about what our patients say because **all that matters is our patient's quality of life and how we affect it.**

You can read their words and see their faces here:

www.achieva-rehab.com/reviews-results



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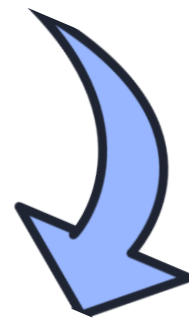


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Achieva Rehabilitation

5.0 ★★★★★ 35 reviews ⓘ



 Write a review



Susan Koomar
3 reviews · 1 photo



★★★★★ 5 months ago

Excellent physical therapy for my mom, age 90. Helped her regain strength, mobility, endurance and confidence following a hospital stay for pneumonia. The Achieva therapists were so compassionate, friendly professional and helpful. They helped mom achieve much more than we thought possible - not only to get around the house safely and do steps but expand her mobility outdoors. Mom, who is almost 91 now, asked for a new leaf blower for Mother's Day so she can keep our deck clean! Thank you Achieva Rehabilitation!



Response from the owner 5 months ago

Susan, this is so amazing to hear. As the owner of the company, stories like this...your mom asking for a new leaf blower...that's just over the top and I'm so proud of all my therapists...they are awesome. Thank you for taking the time to provide this review!!!! Be well!!

 Edit

About the Author: Joel J. Digris, PT



Joel J. Digris received his Master of Science degree in Physical Therapy from Arcadia University in 1997. Joel was born and raised in Schuylkill County, and is blessed with a beautiful wife and four beautiful daughters. As a physical therapist, Joel works with people to help them regain the joy in life that is missing due to pain, weakness, dizziness, falls. As a business owner, Joel has an immeasurable desire to excel in serving the community and the patients of [Achieva Rehab](#).

Thank you for reading our report. I sincerely hope this is a good start to bringing back the joy into your life. Developing trust with your healthcare team is important. Because of this, I want to continue to send you information that we feel can guide you to improved function as you go forward and how a qualified physical therapist can help fast track that process. Please never hesitate to contact me...I am on duty 24/7.

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