



# Next Step Newsletter

Next Step  
Physical Therapy  
(516) 681- 8070

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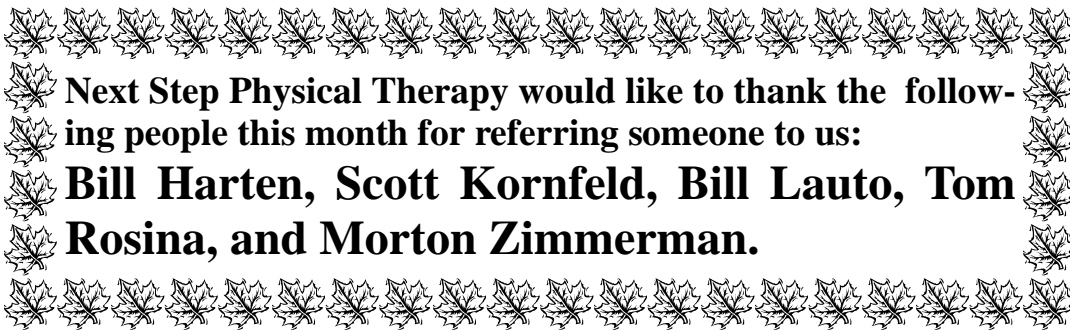
*Giving you information and answers to any physical therapy, health or fitness related questions*

## Did You Know??? Part 2

Let's test your knowledge of physical therapy, exercise and the human body!

- 1). Did you know that although most people consider the joint between the femur (thigh) and tibia (lower leg) to be the "knee" joint, in actuality, the knee complex is made up of three joints—the femur and the tibia, the patella (knee cap) and the femur, and the tibia and fibula (thinner lower leg bone on the outside of the leg).
- 2). Did you know that after a strenuous bout of exercise it is a normal response to have muscle soreness afterwards or even up to 72 hours after.
- 3). Do you know the medical word for when your joint makes "crackling" noises when you bend?? It's called crepitus, which is a perfect sounding word for what it describes.
- 4). Did you know that there are sensors in your joints that relay messages back to your brain telling it the exact position of the joint at any given time. That's why you don't have to look at your body while moving to know what's going on. It's also why you can close your eyes and touch any part of your body without seeing it.
- 5). Did you know that there is a genetic component to arthritis, and that the popular belief that people with arthritis abused their joints when they were younger is not wholly true. I treat many people with arthritis who have never exercised or abused their joints.
- 6). Did you know that the medical field is currently trying to figure out the best way to repair cartilage injuries instead of just removing the injured piece so that we don't lose the shock absorption and protection that the cartilage gives our joints.

That's all for now. Stay tuned for more DID YOU KNOW!!!



**Next Step Physical Therapy would like to thank the following people this month for referring someone to us:**

**Bill Harten, Scott Kornfeld, Bill Lauto, Tom Rosina, and Morton Zimmerman.**

A.L. asks "how come so many knee injuries occur as a result of "twisting" the knee.

Great question! "Twisting" the knee can cause a lot of knee injuries for several reasons, cartilage or meniscus injuries being one of the more common. The reason is that when you bend and straighten the knee, the meniscus (thickened cartilage specific to the knee) gets pulled either forward or backward in the joint. When you rotate, or twist the leg, the meniscus also gets pulled either forward or backward. This is normal and it is what's supposed to happen. The danger is when the bending and twisting is combined. It is possible that by combining bending and twisting you will force the meniscus forward and backward at the same time and if the movement is forceful enough...rip. The meniscus will tear because it is being pulled in two separate directions at once.

## Updates

**Welcome to the Next Step Newsletter!**

**Win a pair of movie tickets!!**

**The first 2 people to call us with the answer to this question wins a pair of movie tickets.**

**What's the name of the "crackling" noise in your joints???**

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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