

Newsletter



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Don't Let Knee Pain Get In The Way Of Gardening This Spring!

HAYMARKET
PHYSICAL THERAPY, LLC
Results you can feel, from a team you can trust.



Bealeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

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Newsletter



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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Don't Let Knee Pain Get In The Way Of Gardening This Spring!

Do you notice getting up and down seems to be more difficult and even painful at times? Are you concerned about all the work you have to do in your garden and how your knees will handle it? At Haymarket Physical Therapy, our physical therapists have proven success in helping people with knee pain feel better doing what they love!

Gardening is one of the most popular activities people of all ages and physical abilities enjoy worldwide. If you are someone that enjoys gardening, you understand that it can be physically demanding at times. Whether you are lifting, carrying, kneeling, or bending over, the demands on the body can lead to pain and injury.

Anyone that gardens knows that getting out in nature and the pure enjoyment of using your hands to get something to grow is worth the effort. Most gardeners don't know that your knees also benefit from the work!

At Haymarket Physical Therapy, our physical therapists understand the importance of staying active for knee health. We will work with you to make sure you resolve any limitations you may have so you can get back in the garden and enjoy a pain-free season! Request an appointment today!

Why Gardening Is Good For The Knees

One of the biggest mistakes people with sore knees make is avoiding activity altogether. For years the message was, "If it hurts, don't do it." Unfortunately, this is one of the worst things you can do when it comes to the knees. One of the most common problems gardeners deal with is knee osteoarthritis. In recent years, knee degeneration has been proven to be related to inactivity. Unfortunately, most people still believe the myth that using your knees will lead to more wear and tear of the cartilage.

Multiple research studies have concluded that keeping your thigh muscles strong and joints mobile is the foundation for the health of your knees. The cartilage in our knees gets its nutrition through movement, and sedentary lifestyles cause more harm and damage to the knees than activity. In addition, we have known for decades that muscles stay strong by using them. Resting and inactivity lead to atrophy and weakness in the muscles. The weaker the thigh muscles, the more pain, and dysfunction in the knee joints.

Too often, people think that if their knees hurt, they should avoid activity. Studies have demonstrated that gardening is one of the safest and most effective ways to improve the health and function of the knees!

Another common knee condition associated with gardening is prepatellar bursitis. The kneecap (patella) is protected by little sacs of fluid (bursa), which become irritated and/or inflamed from prolonged and/or repetitive kneeling.

The most effective solution to this condition is to prevent it in the first place. The easiest way to avoid this condition is to limit the time you are kneeling and use a pad to minimize the pressure

on the knee cap itself. Like osteoarthritis, the treatment of prepatellar bursitis is restoring any lost motion and strengthening the thigh muscles. At Haymarket Physical Therapy, our physical therapists are highly trained at treating all types of knee injuries.

Our assessments will identify the factors contributing to your pain/injury and help us provide the most effective treatment to resolve your issues and get you back in the garden sooner than later!

WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about the type of gardening you enjoy and the demands on the body required to perform the duties necessary. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual gardener.

Your physical therapist will then incorporate gardening-specific treatments, including modifications and proper techniques to assist you in a safe return to your garden so you can do what you love!

REQUEST AN APPOINTMENT TODAY!

At Haymarket Physical Therapy, our physical therapists are experts at treating gardening-related injuries. We have proven success with treating gardeners of all ages and physical abilities. Call today to schedule an appointment with one of our specialists!

Sources: [https://www.oarsjournal.com/article/S1063-4584\(18\)30609-3/fulltext](https://www.oarsjournal.com/article/S1063-4584(18)30609-3/fulltext) · <https://www.sciencedirect.com/science/article/abs/pii/S1063458421006981> · <https://www.sciencedirect.com/science/article/pii/S1836955319301249> · <https://pubmed.ncbi.nlm.nih.gov/25515757/>

Try This: Homemade Mac & Cheese

INGREDIENTS:

- 1/2 c. (1 stick) butter, plus more for baking dish
- Kosher salt
- 1lb. elbow macaroni
- 1/2 c. all-purpose flour
- 5 c. whole milk (about 2 c.)
- 1 tsp. mustard powder
- Freshly ground black pepper
- 12 oz. shredded cheddar (about 3 c.)
- 8 oz. shredded Gruyère
- 3 oz. finely grated Parmesan (about 1 1/2 c.), divided
- 1 c. panko bread crumbs
- 3 tbsp. extra-virgin olive oil

INSTRUCTIONS: Preheat oven to 375°. Grease a 13"x9" baking dish with butter. In a large pot of boiling salted water, cook macaroni, stirring occasionally, until al dente, 5 to 6 minutes. Drain. In a large saucepan over medium heat, melt 1 stick butter. Sprinkle flour over and cook, stirring, until slightly golden, 2 to 3 minutes. Pour in milk and whisk until combined. Add mustard powder; season with salt and pepper. Bring to a simmer over medium-high heat and cook, stirring, until sauce starts to thicken, about 2 minutes. Remove pan from heat and whisk in cheddar, Gruyère, and 1 cup Parmesan until melted and smooth. Stir in macaroni and transfer to prepared dish. In a small bowl, combine panko, oil, and remaining 1/2 cup Parmesan. Sprinkle over macaroni; season with more pepper. Bake mac and cheese until bubbly and golden, 25 to 30 minutes. Let cool 10 minutes.



5 Exercises To Do Indoors

Now that the weather has cooled down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out? This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 5 exercises that can be done indoors so that you can stay fit this winter!

- 1. YOGA:** Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups. Not only does yoga improve your flexibility and muscle tone, it has also been shown to help with your mental health!
- 2. PUSH-UPS:** Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!
- 3. PLANKS:** Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.
- 4. SQUATS:** Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.
- 5. HIGH-INTENSITY INTERVAL TRAINING (HIIT):** Do you not have a lot of spare time in your day? If so, HIIT is perfect for you! During a HIIT workout, you work out hard and fast for a short period of time, then rest. HIIT is also great for burning a lot of calories in a short period and raising your metabolic rate. Examples of exercises you may do as a part of HIIT include jumping jacks or lunges.



Staff Spotlight Jessica Holdaway

At Haymarket PT's Bristow location, you can find Jessica Holdaway hard at work answering phones,

checking patients in, coordinating with insurance companies, among other things. She likes to help patients understand the process of physical therapy. As a past patient, she has seen how beneficial it can be. She really enjoys working in the fun and supportive environment at Haymarket PT and brings to the team over ten years of experience as a medical receptionist. Born and raised in Virginia, Jess grew up in Woodbridge before moving to Gainesville in 2008. She runs her own Esty store where she makes custom designs and products. When not working, she enjoys spending time with friends, going to concerts, going to the movies, taking jeep rides, going to the beach, gardening, crafting/graphic design.

Patient Success

"The team at Haymarket Physical Therapy Bristow is AMAZING!! The front desk staff are always so helpful and cheerful! They do an outstanding job of coordinating schedules and reminders for us. The therapist team is equally outstanding! **They are knowledgeable and committed to helping you on your healing journey.** The environment feels more like a fun gym rather than a stuffy doctor's office. We love the music and laughter that echo through the space. If you're looking for a convenient location with a great relaxed and fun atmosphere while focusing on your healing and recovery, this is your place!" — **D.H.**

We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better