

**THE TOP 5 MUST-KNOW FACTS ABOUT
KNEE PAIN REPORT:**

**“How To Find the Root Cause Of
Knee Pain & Arthritis
Without Speaking a Single Word
To Your Doctor”**

...OR Relying On Pills To Get Relief!

Report By Leading Physical Therapist Julian Manrique, - Value \$27

THE TOP 5 MUST-KNOW FACTS ABOUT KNEE PAIN REPORT

ABOUT THE AUTHOR



Since 1999, Every Week, 100's of people have consulted Physical Therapist Julian Manrique in search of answers to their concerning questions about knee pain. Their desire is to GET PERMINANT RELIEF fast - without the need for medications, costly injections or the risks of surgery. They are tired of spending time and money on treatments that haven't solved their problem. Instead they want to spend more time with family and friends – being more ACTIVE and INDEPENDENT.

Julian is a state licensed and board-certified Physical Therapist with more than twenty years of clinical experience. He is also a board certified Orthopedic Clinical Specialist and has completed extensive continuing education, including a year-long fellowship in Applied Functional Science and another in Manual Therapy. Julian received his bachelor's degree in Health Science in 1997 and earned his Master's degree of Physical Therapy in 1999 from Loma Linda University.

In 2002 he created a Physical Therapy Practice in Orange County that prides itself on helping individuals get better QUICKLY and NATURALLY – without unnecessary pills, getting injections or undergoing risky surgery – many of whom once suffered with Knee Pain – while at the same time building strong relationships along the way.

In this Special Free Report on putting an end to Knee Pain, I share with you specific principles and treatments you can make work for you – some over time and others almost instantly. They're in no particular order, and they all have only one thing in common: They all work.

It's often the simplest advice that makes the biggest difference. Truth is, without knowing your knee pain, or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause, there are no guarantees that any one single strategy will work for everyone, every time.

But over the last two decades, I've had many opportunities to learn what really does and doesn't work when it comes to easing knee pain and arthritis, and the principles you're about to read are included in that.

What's more, this report shows you how to truly get to the root cause of your knee pain & arthritis – for no cost at all, 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 get to the REAL CAUSE of your pain without speaking to your doctor or insurance.

Inside of this report I also reveal to you PROVEN tips to ease knee pain so that you can begin to make a difference on your own. Now picture this... how great would it be if you try just one of these “tips” every day... within a few weeks you could have all of these incredibly helpful strategies for easing Knee Pain, “in play” and working for you – giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

Now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural treatments. It really won't take long and most of them won't cost you anything but a few minutes of your time.

You are likely to be surprised by how much better and healthier you will feel for doing so.

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Important notice: if you apply all the “tips” in this Special Report, you will likely see a drop in the knee pain you are currently suffering from.

How To Get A Completely FREE Consultation With A Knee Pain Specialist!

The first thing you must do to recover from ANY knee pain is, find the TRUE CAUSE of the problem. Without knowing the reason it's almost impossible to stop it - and if not treated properly it will only get worse.

Getting to the REAL CAUSE of knee pain is something that a Physical Therapist specializes in. Unfortunately, many people still don't know how easy it is to see a Physical Therapist for help with easing knee pain.

No Referral Needed...

There's NO one to ask, NO referral needed, and there's NO obligation to go ahead with any treatment after an initial DISCOVERY CONSULTATION which will reveal your movement dysfunction – the real cause of your pain!

It's true... you **don't even need a referral from a medical doctor** or authorization from your insurance company in advance to go and see a Physical Therapist for answers to your neck pain. This means you can just call up and arrange that first DISCOVERY CONSULTATION today and have answers to your questions within the next 48 hours! It's that easy.

And at that first “no authorization needed” DISCOVERY CONSULTATION with one of our knee pain expert Physical Therapists, you can have all your questions answered personally. They will do a complete assessment, identify the true cause of your pain or stiffness and show you what successful treatment looks like just for you.

Then, once you know that, you will be able to decide whether to contact your insurance and we'll even help you take care of any onward referral to a doctor (IF it's even needed).

We call it a DISCOVERY CONSULTATION because you get to discover how YOUR body movement or lack thereof, is affecting YOUR KNEE PAIN, “US” (the helpful staff at FOCUS PT!), and PHYSICAL THERAPY. You'll leave your FREE session empowered, knowing what's causing your knee pain, better educated and more informed, so you can make the best decision about YOUR health!

That's why we say Physical Therapy is a hassle-free way of easing knee pain. There is no financial risk because the first visit is 100% FREE and you don't even have to see your doctor or contact your insurance company first.

THE TOP 5 MUST-KNOW FACTS ABOUT KNEE PAIN REPORT

Here's how you will contact us:

P.S. To talk to one of our Physical Therapists about your Knee Pain:

Call: (949) 949-709-8770

Email: info@focuspt.net

And at this FREE session this is what we promise that you will learn:

1. What is the **true dysfunction** that is the cause of your pain and the **real reason** you're suffering?
2. Can Physical Therapy Specialists definitely help YOU?
3. If YES, what does successful treatment look like for you?
4. How quickly will you experience positive results?
5. Are there any other NATURAL healing, DRUG FREE ways that can speed up your recovery along with Physical Therapy?
6. Exactly what your recovery program investment will be, how much your insurance will reimburse and the easy payment options you can choose to cover the rest.
7. How soon you can get back to NORMAL pain free activities - ie: getting up from sitting, going on a walk, climbing stairs, gardening, etc - get back to work, or enjoying time playing with your family and friends.

Next, let's look at some things that you may start using to ease your knee pain while you arrange that FREE DISCOVERY CONSULTATION at my PT practice:

Joint Pain is a Sign...That This is Happening to You

Pain is a sign. It is a sign that says, "Hey, hold up, there's something wrong here."

It is a sign that you have tissue damage.

"Arthritis" literally means, "joint inflammation."

When you feel pain, there are three things you can do:

1. You Can Ignore It.

For most people, this involves making excuses. Here are some of my favorites:

"I'm old."

"It's Arthritis."

"It's the weather."

"My Mom had a bad knees."

Simply put, repeating excuses will not help you heal. Excuses only put the blame and responsibility of the health of your body on someone else.

2. You Can Try to Cover It Up.

For people who try to handle pain this way, they usually try to cover it up with medications, injections, or unnecessary surgery (there are some surgeries which are absolutely necessary). These rarely address the cause of the knee pain. We will talk more about this later.

3. You Can Handle It.

People who handle knee pain best, handle it early. This means if they have a pain, they may wait a few days or a week, but if the pain persists, they seek for the best specialists in their area and follow the advice.

If you are a person who handles problems early, so they do not get worse, then you will want to read the section on "How to Find the Best PT in Your Area."

"A wise man should consider that health is the greatest of human blessings, and learn how by his own ^{own} ~~own~~ thought to derive benefit from his illnesses." - Hippocrates

What is the Single Best Exercise to Do, If You Could Only Pick One?

Walking is by far the single best exercise for long term health (Many people who suffer from knee pain have trouble walking). People who walk 30 minutes or more 6 days a week, enjoy many benefits:

- Better heart health
- Improved mood and self esteem
- Improved concentration and brain power
- Longer life
- Better spine health

Q: How does walking lead to better health?

A: Every time you take a step, your joints go through a small, up and down oscillation (think of an accordion going in and out). This helps improve the blood supply in the space between the bones. So, it relies on the up and down movement with walking, jogging or running for nutrients... and for better health.

Swimming and biking have been shown to have similar effects.

“Walking is man's best medicine.” - Hippocrates

Think Strengthening for Your “Stretches”

Arthritis, and more specifically osteoarthritis (where pain is in one or more specific joints), usually results from weakness and instability of muscles which control the knee joint.

15 years ago, the big fad was to do stretches to help arthritis. Recent research on arthritis of the hip, knee, neck and lower back demonstrates that exercises which improve strength are the most effective at reducing knee pain and instability.

“What’s the difference between stretching and strengthening?”

Stretching exercises are usually held for 15 seconds or longer. Think yoga.

Strengthening exercises usually involve repetitions. Think calisthenics (squats, push-ups) or resistance with bands or weights.

“All parts of the body which have a function, if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly.” -Hippocrates

How to Find the Best PT in Your Area for Knee Pain & Arthritis

Successful Physical Therapy treatment for knee pain & arthritis involves three things:

1. Hands-On PT
2. Strengthening and stability exercises
3. Applied Functional Science

The key is that per recent survey, only 5% of all therapists in the United States do the specific type of therapy which is shown in research to be the best at long term relief for arthritis in the knee.

So how do you find the best hands-on PT in your area?

When I answer this for people this is what I recommend:

When you call in to schedule an appointment with your physical therapist, ask if they are trained in 'Applied Functional Science'. The receptionist will likely stutter and ask the PT. If the PT says no or hesitates, keep looking.

You want a physical therapist who is using the latest techniques proven in the research to be the best for you.

Who Said, "We Are What We Eat?"

OK, the guy who said the above, I never heard of before.

It was Hippocrates who said, "Let food be thy medicine and medicine be thy food"

Here are four fantastic books on how what we eat effects our health (one is by a nutritionist, one a family doctor in New Jersey who has been on Dr. Oz, one a doctor at the Cleveland clinic, one a doctor at Cornell):

1. The Maker's Diet, by Jordan Rubin
2. Eat to Live, by Dr. Joel Fuhrman
3. You Can Prevent and Reverse Heart Disease, by Dr. Caldwell Essylsten
4. The China Study, by T. Colin Campbell

Three Things You Should Avoid to Keep Your Joints the Healthiest

This may be the most controversial, but medications, injections, and surgery frequently cause long term damage. This is especially true when they are given when not needed.

Here is why:

1. Medication, especially muscle relaxants, pain killers and anti-inflammatories, block the mind's ability to perceive pain. Certainly, medication has its place. As a nation, we frequently overuse and block the pain signal. This leads to not addressing the cause of the pain, which leads to more joint damage.
2. Injections, especially cortisone. When physical therapy fails, then there is a place for injections. But when given before PT, and especially in a series of more than one, injections decrease joint health.
3. Surgery, specifically meniscus "clean up", leads to the possibility of further damage. Also, it has been reported that approximately 50% of people you have arthroscopic knee surgery for their meniscus injury, have the same if not worse pain, within 2 years of surgery. It frequently leads to arthritis and possibly the need for a total knee replacement down the road.

Don't Worry Be Happy?

In Malcolm Gladwell's book, *What the Dog Saw*, he refers to a little coal mining town in the Poconos where arthritis and heart disease were extremely rare in the town. What was the cause of this?

Genetics? No way! Most were Italian...

Exercise? No...

Occupation? No again...

Researchers and doctors concluded the reason for the almost non-existent rates of arthritis was because of the excellent family and neighbor relations most townspeople had. The community was tight knit. It was known as a super friendly place with good relationships.

Better relationships = less stress = better mental state = healthier joints and bodies.

1: There Is No Single Known Cause or Cure

Knee pain can develop in several ways. Some people recall an initial trigger or injury like twisting the wrong way, falling on your knees, or a sports injury. For most people there is no clear reason at all for their knee pain – it simply started one day.

In almost all cases there is no bruising, swelling or obvious sign of injury. This can be a little confusing and it is easy to ignore the initial symptoms as minor or just part of “getting older.” Unfortunately, most knee problems that start out as minor tend to worsen over time . . .

Taking action and getting help from a trusted professional is your first step to recovery – this could be from your Physical Therapist or other health professional. Don't be afraid to ask them if they have seen other patients with your symptoms and history before - if your trusted advisor draws a blank at this question, it may be time to find someone else.

2: You Can't See Pain On An X-ray or MRI

The correct treatment for your Knee Pain hinges on knowing what the underlying problem is – you need to match the treatment to the problem to get better. This means getting an accurate diagnosis . . . so how exactly does this happen? Most people don't have pain when they are not moving, but that is how you get an x-ray or MRI. To find the root cause we need to see you move.

An important point to mention here is what we call *triangulation of findings*. Ideally you want your history to match with the findings of a physical examination and also to your imaging or scans. When a doctor, Physical Therapist or knee surgeon triangulates these findings and they match one of the common causes of knee pain, the diagnosis is likely to be the right one.

The three leading causes of knee pain that we see in our practice are:

1. **Meniscus Injury & Weakness**
2. **Misaligned Kneecap (Patella-Femoral Syndrome)**
3. **Osteoarthritis Pain**

These problems are treated very differently to one another, so it's important to get an accurate diagnosis before making any decisions about treatment.

3: More Weight Can Mean More Pain

Once you know the cause of your knee pain you can begin the first stage of recovery which is to Reduce Pain and Inflammation. This often involves several strategies working together including gentle exercises, modifying your activities at home, taping to support a sore knee, class IV laser therapy and sometimes talking to your doctor about the best anti-inflammatory for you to take.

Together these strategies should reduce your knee pain. For some people their knee pain settles within a week, for others it can take several weeks. If you go longer than four weeks without feeling any improvement, we always review your findings, home activities and exercises to make sure understand what is happening in your knee.

Maintaining a healthy weight is very important. For each extra pound of weight on your body, your knee joint feels an extra four or five pounds of pressure. Less weight means less strain on your knees – lose just ten pounds and you'll be getting over 40 pounds of pressure off of your knees.

4: Exercise Is Crucial At Any Stage

As your pain settles it is important to restore full strength and movement in your knee and leg. Missing this step is a common mistake and causes a relapse of pain when the person tries to use their knee for normal activities. This is especially true for meniscus injuries and in our practice, we encourage our patients to work hard to restore full strength in their knee before returning to normal activities.

Contrary to popular belief, activities like running don't cause knee pain or arthritis. But once you have it, high-impact exercises can aggravate it. Fortunately, there are many low-impact exercises, like swimming or biking, that can be helpful while you are recovering.

If you have had a Total Knee Replacement the process of restoring full movement and strength can take many months and you need to be very patient with your recovery. We measure your movement accurately to keep you on the right track and ensure you make steady progress over time.

5: Pain Free Does Not Mean You Are All Done

Once you have regained normal movement and strength (or very close to it) then you can safely return to all of your normal activities. At this stage we ask “What activities have you avoided because of your Knee Problem, that you want to return to?”

Some will say golf, tennis, bowling, hiking with their children or working in the garden. . . something along those lines.

We then ask that person to take the next month or two and do everything they want to do that they could do before. They keep doing their exercises to get stronger at home. Most come back for their final appointment and have no trouble at all.

Some do have a relapse of their previous symptoms. We look at their key physical findings, home exercise program and check which activities they had trouble with. This helps us see what else needs to be done for that person to get better.

Our Knees and the muscles that support them are prone to weakness as we move through life - maintaining your knee and leg muscles in condition is a simple and effective way of preventing future injuries and problems.

At your final appointment, when you have returned to your normal activities and you are happy with your knee, we usually ask you to continue with a few key exercises for maintenance. These are usually done 3 days a week and for most people can be done at home. Other people may add their knee exercises to their gym program or fitness routine.

What Should I Do Next?

Accelerate The Healing Process: Find Out What's Wrong By Going To See A Physical Therapist - It's Free And Easy!

I think the only thing that stops most people from going and seeing a Physical Therapist is that most, well, they just don't realize how EASY it is.

See, you don't even need a referral from a medical doctor, and nor do you even have to let your insurance know in advance. This means you can just call right up and arrange that first visit - today if you like! It's that easy. And at that first "no authorization needed" session with a physical therapist, you can have all of your questions answered personally by a specialist PT, find out what the real cause of your pain is and what natural, successful treatment looks like, just for you, and by whom.

Then, once you know that, you're better able to decide whether to contact your insurance, and the PT you choose to see will take care of any referral (to a doctor), or forms that need signing too. That's why we say physical therapy is a hassle-free way of easing neck pain.

If you're at all interested in what a physical therapist can do to end your neck pain, why don't you go and see one? There is no risk, (the first discovery visit is free), and now you know you don't even have to contact your insurance or go to see a doctor first.

Important: combine all the "tips" in this Special Report with a trip to see a hands-on physical therapist, and you will likely see a dramatic drop in the neck and shoulder pain, (and stiffness), you are currently suffering from.

Conclusion

Alright, those are some things that you can start doing TODAY to decrease Your Neck Pain & Headaches, improve your health and simply make you feel better.

These are just some of the key principles. There are many other things that you can do too, and I could get more in-depth on ways to end Neck Pain than the principles I've given you here. If you are disciplined and diligent about doing them, they will significantly improve the quality of your life.

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 can 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 Focus Physical Therapy become the source of leading edge health advice for you and make a real difference to your life.

All the Best,

Julian Manrique, PT, MPT, OCS, FAFS
Neck Pain Specialist
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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. With any injury, each individual's symptoms can vary significantly and their recovery from injury can also vary depending upon background, genetics, previous medical history, exercise technique, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the physical therapists at **Focus Physical Therapy**.

We can offer you this service FREE of any charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific outcomes are expressly made or implied in this report.