

## ATTENTION KNEE PAIN SUFFERERS:

- Do you suffer from knee pain when you're on your feet for a while, walking or standing?
- Do you have trouble going up and down stairs... Especially at the end of the day?
- Do you have trouble getting up from a chair?
- Have you been told to stop running or exercising because your knee is "bone on bone?"
- Are you looking to avoid invasive knee surgery or expensive injections?

If you answered yes to any of these, it is important that you learn the #1 key to the knee, how you can stop more damage from happening, and perhaps even get back to normal.

Knee pain stinks. It can stop you from running (or walking for those of us who no longer run.) It can drive you to the point where you're barely moving at all. You find yourself missing out on staying active while other people are having all of the fun: Playing with their grandkids, dancing at a wedding, playing sports they love, or just being able to "get around" without worrying about their knee.

Well here's the good news... For most people that we see suffering with knee pain here at Summit Physical Therapy, there is hope for them. Natural treatment for their knee that doesn't involve taking more medications, getting more expensive injections or an invasive surgery.

### What is the key to the knee?

Has your knee every buckled? Or felt like it was going to give out? The majority of people suffering from knee pain suffer from weakness of one particular muscle in the knee called VMO. So if you're having knee pain from an injury, "arthritis", or your knee feels weak, here is the best exercise you can do to strengthen the VMO:

### Quad Set.

1. Lay on your back with a towel under your knee.
2. Push knee into towel.
3. Tighten your thigh muscle.

Hold for 10 seconds, Repeat 10 times.



This may not give you the 5 minute "miracle cure" that you're looking for, but it is a good first step. At Summit Physical Therapy, we have Knee Programs for *all injuries* and *all ages*.

CONTINUED



1790 Hamill Rd  
Hixson, TN 37343

### SPECIALIZING IN :

Low Back Pain & Sciatica · Neck Pain · Headache & TMJ Dysfunction · Hip, Shoulder, Elbow and Knee Pain · Bursitis & Tendonitis · Plantar Fasciitis · Dizziness & Vertigo · Concussions · Balance Training & Fall Prevention · Sports Rehab, Performance & Injury Prevention · Running, Swimming & Biking Injuries · Golf Analysis

summit-therapy.com · phone: 423.842.9322 · fax: 1.866.591.0619

**SportsBarn Downtown:**  
304 Broad St Chattanooga, Tn 37405  
**SportsBarn Hixson:**  
1790 Hamill Rd Hixson, Tn 37343

**Cambridge Square in Ooltewah:**  
9380 Bradmore Ln Ste 100 Ooltewah, Tn 37363  
**Red Bank at Erlanger North:**  
632 Morrison Springs Rd Ste 302 Chattanooga, Tn 37415

Our therapists are also certified in the following treatment options:

- ❖ Normatec Recovery
- ❖ Class 4 Light Force Laser
- ❖ Astym Certified
- ❖ OptoJump
- ❖ TPI Certified Golf Analysis and Kinetic Vest Screening

HAPPY BIRTHDAY to Justin, Nick & Matt P. on the Summit Team!



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Like us on facebook at [facebook.com/SummitPTChatt](#)

Do you follow us on Social Media yet? If you don't, here is why you should!

- Contests
- Success Stories
- Healthy Recipes
- Fitness Tips
- Special Events
- Physician Recommendations
- "Throwback Thursday"
- Much More!

NOVEMBER 2016

### INSIDE THIS ISSUE:

- ❖ MATT GOES TO WYOMING
- ❖ NEW STAFF
- ❖ SUCCESS STORIES
- ❖ KNEE PAIN
- ❖ HAPPY BIRTHDAY, RED BANK!
- ❖ STAFF BIRTHDAYS

Our mission is to serve you with such a great experience that you:

1. Thank the person who sent you here.  
AND
2. Refer people who you care about to us.

### Misspelled word contest

Find the 3 misspelled words in this newsletter,  
call 423-362-4381 for a chance to

win a **\$10 gift card**  
The winner will be announced at the end of the month.

❖ MATT GOES TO WYOMING

❖ NEW STAFF

❖ SUCCESS STORIES

❖ KNEE PAIN

❖ HAPPY BIRTHDAY, RED BANK!

❖ STAFF BIRTHDAYS



Physical Therapist Matt Carbone recently took a trip with his wife and daughter, Rivers, to Colorado and Wyoming. Matt was kind enough to share some of his trip with us and all of you.

**Q:** Where all did you visit?

**A:** We did a road trip from Denver to Yellowstone with stops in Laramie, Lander, Jackson Hole, Cody, Casper and Cheyenne.

**Q:** Had you ever been to these places?

**A:** This was my first trip to Colorado and Wyoming (and we stayed the night in Montana too!)

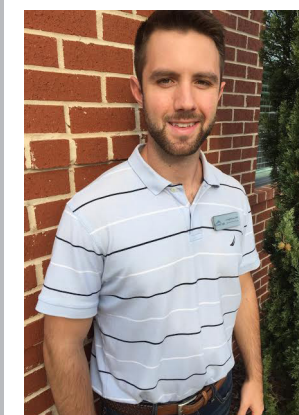
**Q:** What was your favorite part of the trip?

**A:** Wyoming was beautiful. We were really amazed at the major geological differences throughout the state with multiple types of mountain/stone, etc. Grand Teton National Park and Yellowstone were quite amazing.

**Q:** What was your daughter's favorite part?

**A:** Rivers liked all the family time, playing in the water, playing in the snow.

**Q:** Is there anything that you missed out on that you hope to experience next time? We were going to try and squeeze in both Rocky Mountain National Park and Red Rocks in Colorado but just ran out of time!



Who is this good looking bunch?? Please welcome Craig Wilcox, Justin Wheeler and Katie Browne to our team! Justin joins us from Louisiana where he worked at a local high school as an Athletic Trainer. Craig and Katie made the big move down from New York where they graduated from The Sage Colleges with their Doctorate of Physical Therapy. Katie and Craig have so far enjoyed hiking up to Sunset Rock on Lookout Mountain, a MOCS football game, and visited with family who live in Chattanooga. Justin has enjoyed visiting Lookout Mountain and the Aquarium with his family.

# SUCCESS STORIES

# Cheers to One Year!

# PAIN FREE LIVING



Prior to being struck by lightning, I was climbing & riding my horses competitively, pain free in my neck & shoulder. After being struck, I experienced lots of strange symptoms, but the most difficult repercussion was the extreme neck & shoulder pain that caused me to completely stop climbing & riding. I could barely turn my head. I tried all kinds of treatments, but found physical therapy to be the most beneficial for my healing. I worked with Summit & their wonderful staff for 12 weeks and received wonderful care and encouragement. I am now back to riding competitively, am able to climb, and regaining my strength. Thank you, Summit!

-Erin Rayburn  
Happy Downtown Patient



-Tessa Ross  
Happy Ooltewah Patient

Before I began therapy at Summit, I had this awful feeling in my right SI that felt as if it needed popped & stretched all the time, I had issues sitting or standing for more than 15 minutes, and it REALLY hindered my ability to exercise (which is a huge part of my life). Through coming to Summit 3 days a week, I finally began to feel better! I honestly never would have imagined that this issue I've been dealing with for a majority of 2 years could be resolved, but Summit thankfully proved my doubts wrong. Now I'm finally able to get back to the active lifestyle I enjoy and more importantly, have gained the knowledge to sustain my corrected SI and hips into the future. I'm so thankful for the positive, motivating staff at Summit!



After a year of debilitating back pain & epidurals, I am thrilled to say I am back to feeling normal! This past year, it was all I could do to get myself to work and back (and I spent every other moment in bed or on the couch) and I missed out on so many life experiences because of it. After PT, I am back to a normal social life, and doing my favorite things- hiking, biking and kayaking. I am so thankful for everyone here for working with me for so long to get me back to doing my favorite things.

-Natalie Martin  
Happy Hixson Patient



-Lauren Topping  
Happy Red Bank Patient

## Summit-Red Bank Anniversary Celebration

Then:



Now:



November 1st 2015... It has been one year since we helped our first patient in the Red Bank Clinic at Erlanger North!! As we look back on our first year of success in the Red Bank community, we want to thank you, our patients for your support. Please join us for a special event with our staff to celebrate!

**WHEN:** November 17th from 4:00-6:00  
**WHERE:** 632 Morrison Springs Rd. Suite 302  
Chattanooga, TN 37415

Join our Red Bank staff (and some of your other favorite Summit faces) for refreshments and an opportunity to get a check up with one of our doctors!

P.S. RSVP by November 16th to 423-362-4381

P.P.S. Bring a friend to this event!

There are times that medications, scans, and surgery are necessary for the healing process. However, as physical therapists, we practice conservative treatment. This means that we encourage patients to allow us the opportunity to be the first step (in order to hopefully be the only step) for rehabilitation. We get our patients back to work, sport, and life. Any chance that we are able to do this while saving you the time and money from unsuccessful or unnecessary forms of treatment is a win for us.

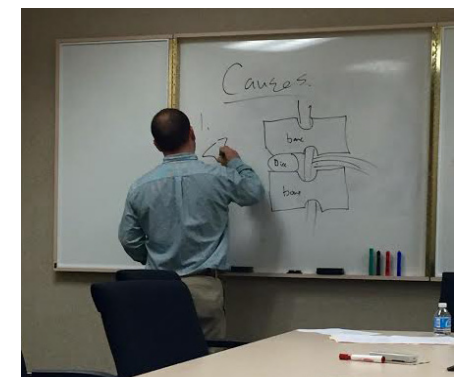
If you are one of the many people suffering from knee pain and want relief, let us get you back to normal. Call **Summit Physical Therapy** today to schedule a screening!

**423-362-4381**

P.S. This offer expires 11/30/16  
\*This offer is for past patients only

You have heard about our workshops we host inside of our clinics... Now we will bring our experts to you! Call 423-309-3869 to schedule a workshop at your office!

(Matt Provenzano, Physical Therapist, doing a Lower Back Pain and Siatica Workshop at Cigna in Chattanooga!)



High Five: Francine K. won the last misspelled word contest. She found "th" instead of "the", "Produc-" instead of productive, and "croud" instead of "crowd" Enjoy your gift card! Thanks to all who participated.

Dedicated to your health,  
Dan Dotson, Kevin Kostka and the Summit PT Team

*[Handwritten signatures]*