

Say goodbye to hip and knee pain

WHETHER you're walking down the street or climbing up some stairs, moving your knee or hip shouldn't make you wince in pain. But that's exactly what can happen when arthritis wears away the shock-absorbing cartilage at the ends of bones in a hip or knee joint.

And it's no way to live.

If hip or knee pain has become a part of your life, here's welcome news. There are more ways to ease your pain than you might realize. Here are some of the most effective strategies:

Trim down.

If you're overweight, those extra pounds place extra stress on weight-bearing joints, like the hip and knee. Losing weight reduces that stress and can curb pain.

Give your hip and knee some TLC. Rest your joints and do your best to avoid any activity that makes your pain worse. Applying heat or cold to your joint — for example, by using warm towels

or cold packs — can also ease pain. Check with your doctor to see whether you should try heat, cold or both.

Make all the right moves. Appropriate exercise — specifically, physical activity that strengthens the muscles that support your hip or knee but doesn't stress them — can help you move more comfortably and freely. For a customized exercise program that can help you improve range of motion and relieve pain, your doctor may refer you to a physical therapist.

Partner with your doctor for pain relief. Many different medicines ease arthritis pain, and your doctor can help find the right match for you.

You might be able to control your pain with over-the-counter or prescription pain relievers. If not, your doctor may recommend a corticosteroid injection into your joint, which can reduce inflammation and pain.

Is it time for surgery?

If steps like these don't help — and



your pain is severe — your doctor may advise surgery to replace your damaged knee or hip with an artificial one. As many as 4 out of 5 people who undergo replacement surgery are completely pain-free within a year, the American Association of Hip and Knee Surgeons reports. But even with an increasingly speedy recovery, it is still major surgery. So be sure to carefully explore its pros and cons with your doctor.

Additional sources: American Academy of Family Physicians; American Academy of Orthopaedic Surgeons; National Institutes of Health

Is joint replacement surgery right for you? Get answers at our class on May 27. See page 5 for details.

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INSIDE

- 2 Taking steps to protect your knees
- 3 New knees restore comfort and mobility
- 6 Physical therapy after a joint replacement



Ways to save your knees

WHAT do healthy knees need? A little nurturing, plenty of exercise and just the right amount of nutrition.

Taking steps to protect your knees is smart, since they're the body's largest joints and among the most easily injured, according to the American Academy of Orthopaedic Surgeons.

Knee anatomy

The knee consists of three bones; four ligaments; and a variety of muscles, tendons and cartilage. All of these structures must work together for the joint to perform right. When they don't, problems arise.

The most common knee problem is osteoarthritis. It occurs when cartilage, the rubbery tissue between bones, gradually wears away. Osteoarthritis can cause pain, stiffness and swelling and make it hard to bend or straighten the knee.

Help your knees

To help keep your knees working right, develop strong, flexible leg muscles. Building up the quadriceps in the front of the thigh and the hamstrings in the back will help prevent injury, reduce knee stress and increase the joint's

shock-absorbing ability.

Good exercises include climbing stairs and lifting weights. If you already have knee problems, try walking, swimming or water aerobics.

Strengthening exercises tighten muscles, and tight muscles are more injury-prone. That's why gentle stretching is important.

When you begin an exercise and stretching program, go slowly and increase intensity gradually. And talk to your doctor or physical therapist before you start an exercise routine.

Physical therapy can often help ailing knees. To make an appointment, call 509-527-8272.

Along with exercise, proper nutrition is also important. For example, you need calcium and vitamin D to build strong bones and help prevent osteoporosis, a bone-weakening disease.

But perhaps the most important dietary advice is to eat no more than you need to maintain a healthy weight. Being overweight puts added pressure on the knees.

DESK EXERCISE

SITTING SHOULDER STRETCH

Try this routine to work out the kinks while you're at your desk.



LOCK HANDS BEHIND HEAD



BRING ELBOWS BACK AS FAR AS POSSIBLE



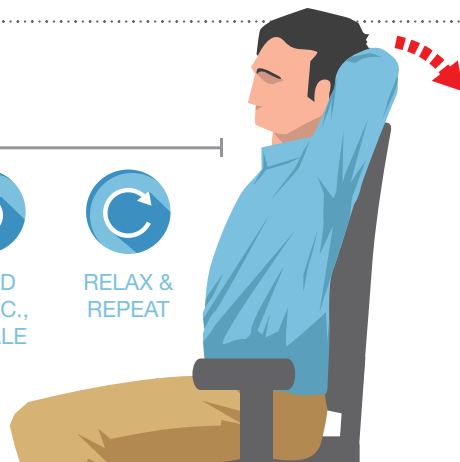
INHALE DEEPLY WHILE LEANING BACK & STRETCHING



HOLD 20 SEC., EXHALE



RELAX & REPEAT



Source: National Institutes of Health

LIVEWELL is published as a community service for the friends and patrons of WALLA WALLA GENERAL HOSPITAL, 1025 S. Second Ave., Walla Walla, WA 99362, telephone 509-525-0480, website wwgh.com.

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To learn more about the joint replacement program at Aspire Orthopedics, call 509-707-8852.

the hike was over, John collapsed, well aware that his pain had gone on far too long.

Shortly thereafter, in June 2014, John found Aspire Orthopedics

surgeon Scott Hutson, MD, who scheduled the two knee replacement surgeries in August and December.

A smooth, friendly procedure

On the day of his first surgery, John was immediately put at ease by the friendly nurses in combination with Walla Walla General Hospital's new patient rooms and the serene landscape just outside his window.

"Everyone at WWGH had time for me," says John. "It's like I'd known everyone my whole life. I wasn't a stranger, and I was so appreciative of that."

When John went home after each surgery, the staff at WWGH continued to make sure that he was accommodated in every way as he continued his journey with physical therapy.

"I attribute my healing to the spiritual, professional and personal care of the staff at WWGH," says John.

JOINT REPLACEMENT SURGERY

From duct tape to a new pair of knees

AFTER decades of riding motocross and owning a landscaping business, John Cornett's knees were worn down and riddled with arthritis, which made rolling out of bed a daily battle. John — 60 years old and from Richland, Washington — recognized his worsening condition and began to wrap his knees in duct tape just to keep them both in place.

After consulting with a doctor, it was apparent that he would need both knees replaced — the 16th and 17th orthopedic surgeries of John's life.

Hitting the wall

But that didn't stop John from taking a group of Boy Scouts on a backpacking trip. Only one mile into a hike, John realized he was in trouble with his duct-taped knees. When

When should I see a doctor about joint pain?

JOINT pain may be caused by something as simple as weight gain. However, it could also be a sign of arthritis or another serious condition. That's why it's important to see a doctor if you have joint pain, redness, warmth, tenderness or swelling that lasts more than two weeks. These symptoms could indicate a certain type of arthritis — such as

osteoarthritis, rheumatoid arthritis or gout.

A primary care doctor or an orthopedic surgeon can diagnose and manage these conditions, which can be improved with treatment. That's why the sooner you get help, the better.

Find a doctor who is right for you. Visit wwgh.com and click on "Doctors."



Your doctor might prescribe exercise, physical

therapy or medication. If early treatments aren't effective, surgery may be an option for pain relief.

Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



For more information, call 509-707-8847 or visit wwgh.com/classes.
All classes and events are held at WWGH unless otherwise noted.

We're here
for you

AARP Driver Safety Program

Two-day class.

- ▶ Tuesday and Wednesday,
May 26 and 27,
from 1 to 5 p.m.
- ▶ Monday and Tuesday,
June 29 and 30,
from 1 to 5 p.m.
- ▶ Thursday and Friday,
July 16 and 17,
from 1 to 5 p.m.

Alzheimer's Support Group

Second and fourth Tuesday
of each month at 1:30 p.m.

Diabetes Support Group

First Thursday of each month
at 1:30 p.m.

Overeaters Anonymous

Every Thursday at 7 p.m.

Carpal Tunnel Syndrome

Thursday, May 14, at 6:30 p.m.

Don't suffer with tingling and weakness in your fingers or hands. A simple endoscopic surgery can have you pain-free and back to your normal activities in no time. Scott Hutson, MD, orthopedic surgeon, will explain what causes carpal tunnel syndrome and how surgery could help.

JOINT REPLACEMENT The Right Choice for You?

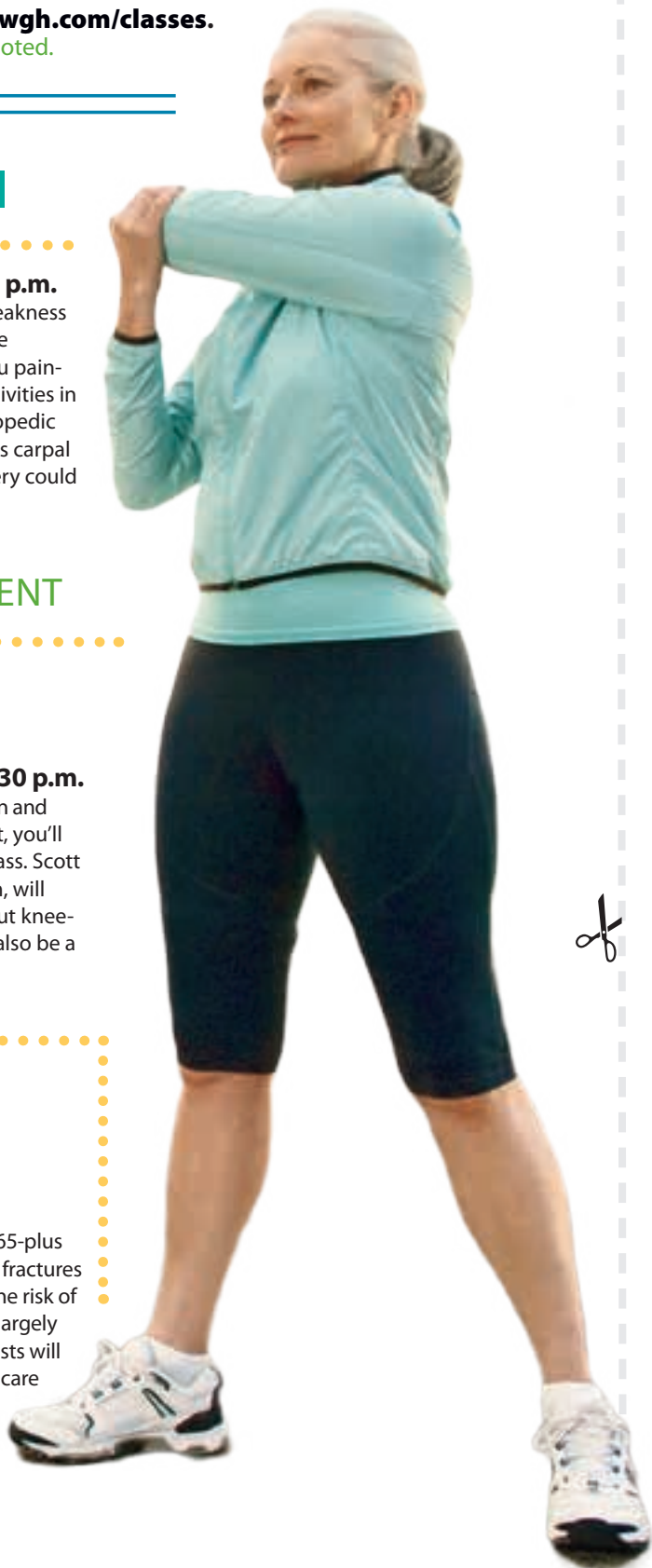
Wednesday, May 27, at 6:30 p.m.

If you have degenerative joint pain and are considering joint replacement, you'll want to attend this important class. Scott Hutson, MD, orthopedic surgeon, will share the latest information about knee-replacement surgery. There will also be a Q&A with the surgeon.

Steps for Preventing Falls

Wednesday, June 10,
at 6:30 p.m.

Each year, 1 out of 3 adults aged 65-plus suffers a fall, which can cause hip fractures and head traumas and increase the risk of early death. Fortunately, falls are largely preventable. Our physical therapists will give tips for you or someone you care for on how to prevent falls.

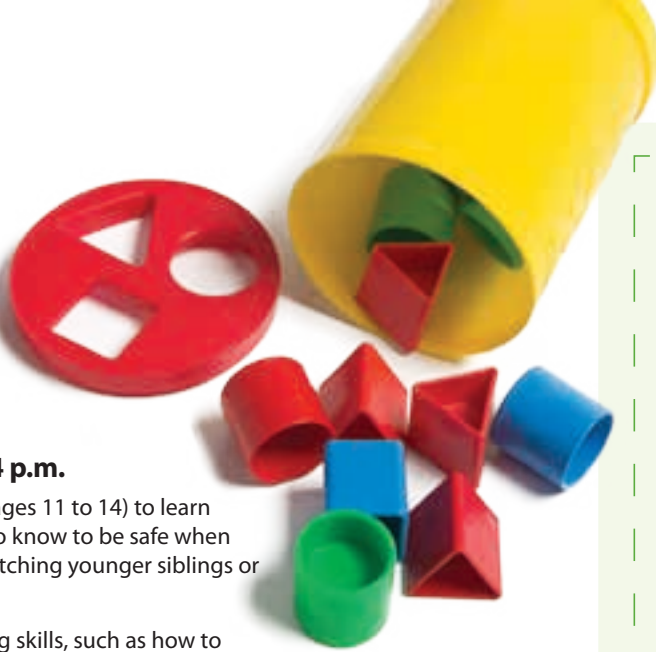


Safe Sitter

**Sundays,
June 7 and 14,
from 9:30 a.m. to 4 p.m.**

Class for young teens (ages 11 to 14) to learn everything they need to know to be safe when they're home alone, watching younger siblings or babysitting.

Students learn lifesaving skills, such as how to rescue someone who's choking, and receive helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use manikins to practice CPR and choking rescue.



LivingWell Wednesday

**First Wednesday
of each month,
12:30 to 1 p.m., FREE**



MAY 6

The Leg Bone's Connected to the Knee Bone

Presented by Scott Hutson, MD

Learn more about Aspire Orthopedics and the joint replacement program.

JUNE 3

Ten Commandments of Weight Loss

Presented by Gily Ionescu, MD

With our country's obesity epidemic reaching out-of-control proportions, it's time to learn what you can do to prevent or reverse this risk factor for life-threatening diseases like heart disease and diabetes.



JULY 1

Living With Depression

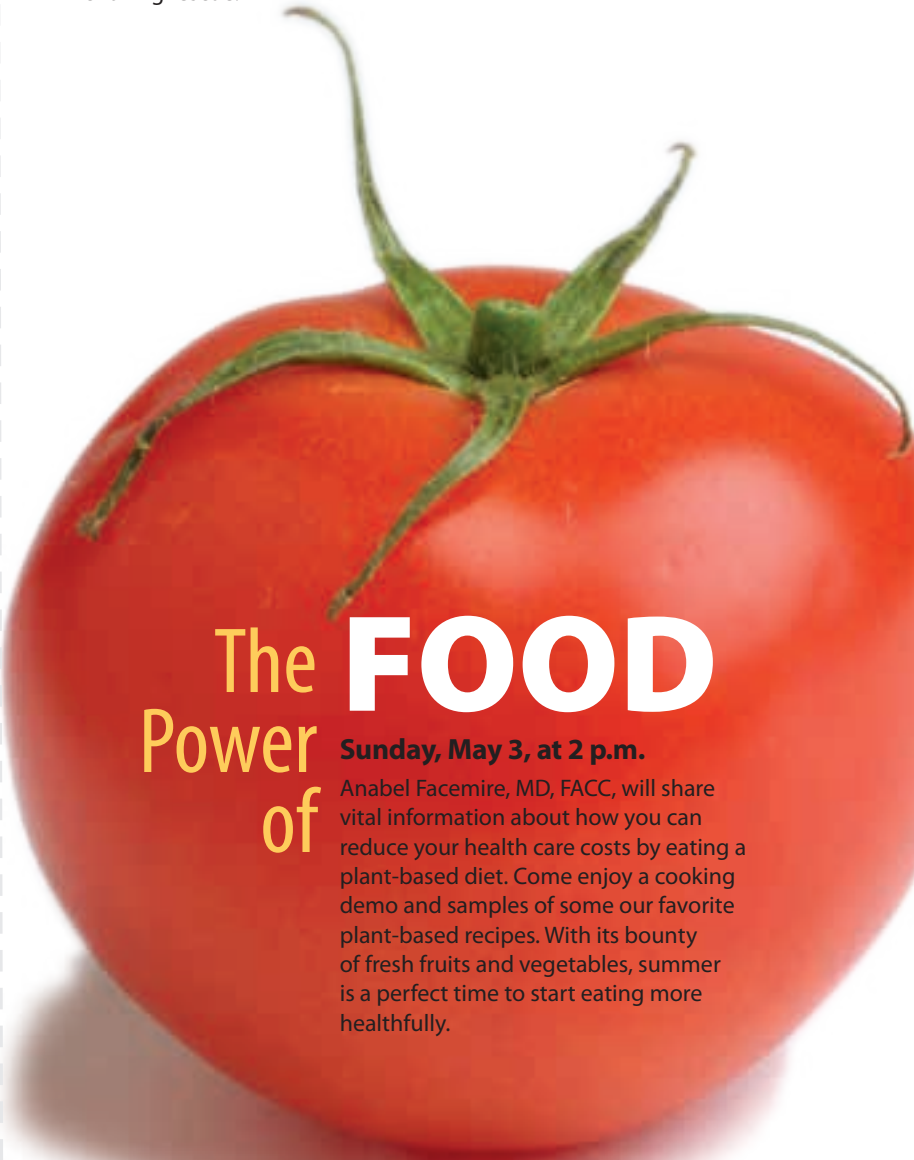
**Presented by Beth Toon, MA, Licensed
Mental Health Professional**

If the normal tasks of day-to-day living seem overwhelming and activities and hobbies you used to enjoy no longer seem interesting, you may be suffering from depression. Don't let depression steal any more of your life!

The **FOOD** Power of

Sunday, May 3, at 2 p.m.

Anabel Facemire, MD, FACC, will share vital information about how you can reduce your health care costs by eating a plant-based diet. Come enjoy a cooking demo and samples of some of our favorite plant-based recipes. With its bounty of fresh fruits and vegetables, summer is a perfect time to start eating more healthfully.



Get moving on your new joint

YOUR journey through a successful joint replacement doesn't end with your operation. In many ways, that's where it begins.

Physical activity is one of the keys to a good recovery after joint surgery, such as an operation to replace a knee or hip. That's where physical therapy comes in.

Among other things, a physical therapist can show you:

- ▶ Gentle movements to extend your joint's range of motion and reduce swelling.
- ▶ How to protect your new joint. You may need a fresh approach to

everyday tasks like walking, climbing stairs, sitting, standing or lying in bed.

▶ Specific exercises to strengthen muscles around your new joint.

Working with a physical therapist begins very soon after surgery, usually on the same day. Depending on the joint replaced, a therapist may need to show you how to use a walker or crutches, climb a few stairs, or otherwise use your artificial joint.

While in the hospital, you're likely to meet daily with a physical therapist. Once you're home, your physical therapist will tailor a treatment program



for you to help you heal. Overall, recovery may take several months.

Physical therapy can leave you sore and tired, especially at first. But it's important to stick with it. It's the safest, most effective way to get the most from your new joint. Call **509-527-8272** if you're experiencing joint pain.

Sources: American Physical Therapy Association; Arthritis Foundation; National Institute of Arthritis and Musculoskeletal and Skin Diseases

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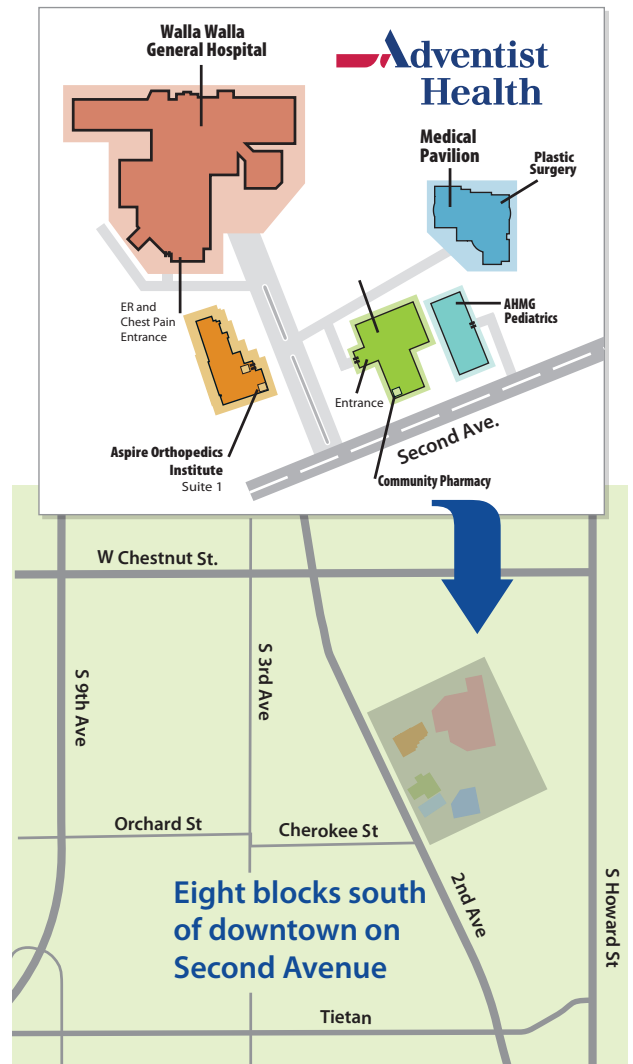
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PEDIATRICS

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PLASTIC SURGERY

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Get hours and directions at
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