



Vibrant Health
SOLUTIONS



*Move better.
Feel better.
Live better.*

*The Newsletter About
Caring for Your Health!*

DON'T LET KNEE PAIN RUIN YOUR SUMMER



IMMUNITY-BOOSTING VITAMIN BURST SMOOTHIE
RECIPE INSIDE

785.367.3395



CAUSES OF SUMMERTIME KNEE PAIN AND WHAT TO DO ABOUT IT

The warm weather is officially here—and that means it's time to dive back into your favorite outdoor activities. Whether you're hiking a nature trail or hiking across an amusement park, Vibrant Health Solutions can help you manage knee pain, prevent knee injuries, or rehabilitate your knee if you push a little too hard.

Today, we want to explore some knee injuries that are most likely to pop up in the summertime—and share with you all how our multidisciplinary team can help you manage them!

Want more personalized guidance? Call our clinic today to speak to our friendly, knowledgeable staff.

THREE KNEE INJURIES TO WATCH OUT FOR THIS SUMMER

Runner's Knee (Patellar Tendonitis)

After spending winter snuggled up on the couch, you decide to get active once the weather warms up and start training for a 10K run. But after a week or two, you notice a twinge of pain in your knees during your morning runs—and worse, it doesn't go away.

There's a good chance that this pain is patellar tendonitis, a common overuse injury in the knee. It occurs when repeated stress on the patellar tendon (which attaches the kneecap to the shinbone) causes the tendon to weaken and become inflamed.

People who do a lot of running or jumping are especially prone to patellar tendonitis, and it's notorious for developing when you start up a new workout program after spending some time away.

Hiker's Knee (Patellofemoral Pain Syndrome)

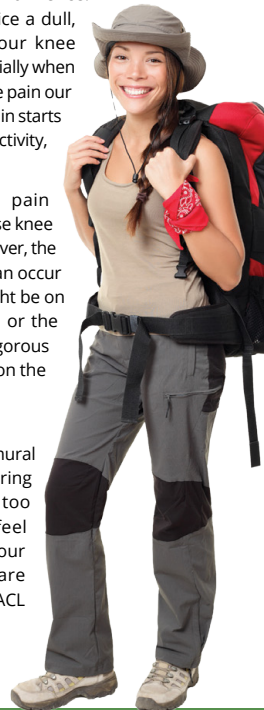
Maybe you're not a runner, but you love hiking the beautiful nature trails around Lawrence. Unfortunately, you start to notice a dull, aching pain in the front of your knee whenever you hit the trails, especially when you're walking up a slope. Like the pain our runner friend experienced, the pain starts gradually, tends to occur during activity, and seems to be getting worse.

This is likely patellofemoral pain syndrome (PSPS), another overuse knee injury. Unlike runner's knee, however, the pain will feel more diffuse and can occur throughout the knee joint—it might be on the front of the knee, the side, or the back. It's generally caused by vigorous exercise that puts a lot of stress on the knee (like hiking).

Ligament Tears

Maybe you're playing in an intramural soccer league this summer. During one of the games, you pivot too forcefully and immediately feel intense pain and weakness in your knee. A visit to the urgent care clinic confirms you've torn your ACL (anterior cruciate ligament).

Continued inside.



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Your knee has four ligaments (tissue that connects the bones). The ACL and MCL (medial collateral ligament) are most likely to tear in a sports injury. You can also tear your meniscus, which is not a ligament but rather cartilage that protects the bones in the knee joint.

These injuries generally cause intense pain, swelling, and feelings of instability in the knee.

HOW VIBRANT HEALTH SOLUTIONS CAN HELP

No matter what knee injury you've developed this summer, our multidisciplinary care team can help with pain management and rehabilitation! We offer several treatment approaches and will find the right combination to suit your needs.

Pain Management

- Joint injections involve injecting a saline solution into your knee joint to help reduce pain and improve mobility.
- Laser therapy uses high-powered light waves to reduce pain and facilitate healing.
- Massage therapy provides hands-on relief by manipulating the joint and surrounding tissue.

Rehabilitation

- Platelet-rich plasma injections use a processed version of your own blood to facilitate healing in the knee joint (and reduce pain, too).
- Physical therapy offers targeted exercises to restore range of motion and strength in your knee joint, helping to resolve the underlying injury.
- Knee bracing can help protect your knee in the short term as you work through rehab.

If you've suffered a knee injury this summer, call Vibrant Health Solutions to schedule an appointment. We'll work to ease discomfort and help you resolve the injury completely.

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EXERCISE ESSENTIALS

KNEE FLEXION PROM

Start by sitting on the edge of a table, so that your feet are dangling off of the edge. Start with the non-working leg out straight and place the working leg on top and cross your ankles so they stay together throughout the motion. Relax the working leg and allow the non-working leg to do all of the moving. Bend your knees to lower your legs with control.



PT WIRED



IMMUNITY-BOOSTING VITAMIN BURST SMOOTHIE

INGREDIENTS

- 1 cup fresh orange juice
- 1/2 cup mango
- 1/2 cup milk (coconut, almond, or substitute plain or vanilla yogurt)
- 1/2 cup pineapple
- 1 tsp freshly minced ginger
- 1/2 cup frozen strawberries
- 1-2 tsp raw honey

DIRECTIONS: Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

foundainavenuekitchen.com/recipe/immunity-boosting-smoothie

Call us at **785.367.3395** or visit us at therapyworkskansas.com or vibranthealthkansas.com



Meet **BRANDI OSBURN**

Brandi is a compassionate board-certified nurse practitioner who is committed to building strong relationships and providing excellent care to help patients achieve their goals. Brandi received her Bachelor of Science in Nursing from Wichita State University and her Master of Science in Nursing from Graceland University in 2020.

She has had the privilege of acquiring clinical experience in orthopedics, urology, family practice, plastic surgery and worked for many years in the operating room. Her extensive background shows her dedication to listening, supporting and advocating for her patients so they may receive the attention and treatment they deserve creating a positive impact on their health.

She is passionate about Integrative health and wellness, blending holistic, natural and traditional medicine, to optimize patient's quality of life by identifying and treating the root cause of their health concerns.

Brandi and her husband Derek live in Lenexa with their three labrador retrievers. She enjoys watching football, spending time outdoors, going to country music concerts, and shopping. She is a sports loving Kansas City Chiefs fan who hates when football season is over!



**Vibrant Health
SOLUTIONS**



JULY VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., P.T, MCMT & Owner

BACK PAIN & SCIATICA

• July 24th at 6:00 pm

Follow us on Facebook, Instagram, and X for more information and other virtual events!

Patient Success Story

*“Excellent therapists
who work with your
individual needs.”*

“Excellent therapists who work with your individual needs. I have been working on neck and shoulder pain. Through personalized exercise programs my headaches have been relieved and better posture has been achieved”

—Andrew B.

**Are You in Pain?
Have You Suffered an Injury?
Come back to see us!**

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, call us and schedule a free consultation with our case manager.
- 3 Contact us at Vibrant Health Solutions for an appointment with our Nurse Practitioner so our team can guide you and get you back to the activities you love.

Your success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

**Share Your
Success Story**



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