

VOL. 2 | OCTOBER 2026

# STAY IN THE GAME



Newsletter for all our Form & Function Family



## Understanding Knee Arthritis: What's Really Happening in Your Knee

If you've been told you have "arthritis in your knee" and left the conversation with more questions than answers, you're not alone. It's one of the most common diagnoses we see, and also one of the most misunderstood. Either way, you probably walked out wondering what it actually means for your life moving forward. Does it mean you're destined for a knee replacement down the road? For many people, a diagnosis like this feels like a verdict rather than a starting point for understanding and action. Most people hear the word "arthritis" and immediately think: bone on bone, nothing can be done, surgery is inevitable. We're here to tell you that's not the full story. Let's break down what's actually happening inside your knee, clear up some common myths, and talk about what you can actually do about it, starting this week.

### OVERVIEW:

- Understanding Knee Arthritis: What's Really Happening in Your Knee
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

## What's Actually Happening in an Arthritic Knee

Think of your knee joint like a hinge. At the ends of the bones that meet at this hinge, there's a smooth, slippery layer of cartilage that helps things glide instead of grind. Arthritis, specifically osteoarthritis, the most common type, means that cartilage has worn down over time, and the joint isn't moving quite as smoothly as it used to. Here's what that doesn't mean: it doesn't mean your knee is "falling apart," and it doesn't mean movement is dangerous. In fact, joints are living tissue. They respond to how you use them. Cartilage, bone, and the surrounding muscles and tendons are constantly adapting based on the forces you put through them, which is actually good news, because it means the right kind of movement and loading can genuinely improve how your knee feels and functions. Arthritis is less like a car part wearing out and more like a signal that your joint needs a

different kind of input than it's been getting.

## Common Myths We Hear Every Week

Let's clear up a few things we hear constantly from patients walking through our doors:

*"It's just old age, nothing can be done."* Age is a factor, but it's not the whole picture. We treat active people in their 70s and 80s who move better than people half their age, and we see knee pain in people in their 30s. Strength, movement habits, past injuries, and overall joint health matter just as much as the number of candles on your birthday cake.

*"My X-ray shows arthritis, so that explains my pain."* We'll dig into this more below, but it's worth saying clearly: imaging alone rarely tells the whole story.

*"I just have to live with it."* This is the myth that frustrates us most, because it's simply not true for the majority of people. Many people significantly reduce

their knee pain and get back to doing what they love with the right approach, without surgery or relying on medication long term.

## Why Pain Doesn't Always Match the X-ray

This surprises a lot of people, but it's well established: how much arthritis shows up on an X-ray doesn't reliably predict how much pain someone feels. We've worked with people whose scans look fairly severe but who have relatively little pain and move well. We've also seen people with very mild changes on imaging who are struggling significantly.

Why? Because pain is influenced by far more than the condition of your cartilage. Muscle strength around the joint, movement patterns, past experiences with pain, stress, sleep, and overall activity levels all play a role in what you feel day to day. This is actually encouraging. It means there are many different angles to work from when it comes to reducing your pain, not just one single

## Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

structural issue to "fix." Simple Self-Help Tips to Try This Week Before you do anything else, here are a few things worth trying:

1. Keep moving, within reason. Complete rest often makes stiff, arthritic joints feel worse, not better. Gentle, regular movement like walking, cycling, or swimming helps nourish the joint and keep surrounding muscles engaged.
2. Don't avoid stairs and movement entirely. Avoidance can lead to muscle weakness over time, which often makes knees feel less stable and more painful. Modify activity instead of eliminating it.
3. Add gentle strengthening. Simple exercises like sit to stands from a chair or supported mini squats can help build strength around the knee. Start

- small and controlled.
- Pay attention to patterns. Does your knee feel worse after long periods of sitting, or after a particular activity? Noticing patterns helps you, and any professional you see, understand what's driving your symptoms.
- Use heat or gentle movement before activity. Many people find a few minutes of light movement or heat before activity helps the joint feel less stiff and more ready to go.

These small steps won't erase arthritis, but they can genuinely make a meaningful difference in how your knee feels day to day.

### **What Physical Therapy Can Actually Do for an Arthritic Knee**

A lot of people are surprised to learn how much physical therapy can offer for arthritic knees. Here's what that can include:

An in-depth assessment of

how your knee actually moves. This means looking beyond the joint itself to understand how your hips, ankles, and overall movement patterns might be placing extra stress on your knee.

Hands-on treatment to address stiffness and pain. Manual therapy techniques can help improve joint mobility and reduce pain, making it easier to move well and tolerate the strengthening work that follows. A plan that matches your actual goals. Whether that's getting back to running, playing with grandkids without pain, or simply walking comfortably, the right plan is built around what matters to you, not a generic protocol.

For many people, this kind of individualized, hands-on approach makes a meaningful difference without needing to rely on surgery or medication as a first step.

The right path depends on your specific knee, your history, and your goals, which is exactly why individualized assessment matters so much more than generic advice.

## **Product We Love**



## **Joint NutraCare**

Struggling with joint pain, stiffness, or swelling? Joint NutraCare helps support your body naturally, without harmful side effects, so you can move and feel better every day. **What Makes It Different?**

This isn't just another supplement. Joint NutraCare is designed to support your body at the source, helping rebuild and protect your joints instead of just masking symptoms. **All-Natural. Real Results.**

**Our powerful blend of ingredients works together to:**

- Support joint comfort and mobility
- Reduce inflammation naturally
- Promote healthy skin and aging
- Support hormone balance
- Strengthen bones and boost antioxidants

**Move Better. Feel Better. Stay Active.**

# Promos of the Month

A promotional poster for October featuring a Halloween theme. The background is orange with black spider webs and silhouettes of bats and spiders. At the top center is the logo for 'FORM & FUNCTION PHYSICAL THERAPY' with the tagline 'SPORT • INJURY PREVENTION • PAIN • WELLNESS'. The main text reads 'OCTOBER PROMO' in large, stylized letters. Below this, the offers are listed: '20% OFF First IV Service', '10% OFF Any IV Service For You & A Friend You Refer', and 'FREE Vitamin B12 Boost with Hydration IV Therapy'. There are also small white line-art icons of an IV drip and a heart.

**FORM & FUNCTION**  
PHYSICAL THERAPY  
SPORT • INJURY PREVENTION • PAIN • WELLNESS

## OCTOBER PROMO

**20% OFF First IV Service**

**10% OFF Any IV Service**  
For You & A Friend You Refer

**FREE Vitamin B12 Boost**  
with Hydration IV Therapy

**25% Off Joint  
NutraCare For First  
Time Buyers On the  
Website**



# WHAT'S HAPPENING IN THE CLINIC THIS MONTH??

**FORM & FUNCTION**  
— PHYSICAL THERAPY —  
*Stay in the game.*

## KNEE PAIN WORKSHOP

Learn what's really causing your knee pain — and what you can do about it.



**SATURDAY,  
OCTOBER 17<sup>TH</sup>**



**10:00 AM**



**FORM & FUNCTION PT**

11966 Jack Benny Drive, Suite 101  
Rancho Cucamonga, CA 91739

### YOU'LL LEARN ABOUT:

- ✓ Why knee pain keeps coming back
- ✓ The role of hip and ankle strength
- ✓ How to manage your activity
- ✓ Exercises to build knee strength
- ✓ How to stay active with confidence

**SCAN TO SAVE  
YOUR SPOT**



**FORM & FUNCTION PHYSICAL THERAPY**  
11966 Jack Benny Drive, Suite 101  
Rancho Cucamonga, CA 91739



**888.619.2885**



# Knee Pain That Won't Quit? Here's What Might Actually Be Going On

*By: Trevor Field*

Knee pain has a way of creeping into every part of life without you even realizing it at first. Maybe you've started taking the elevator instead of the stairs, skipping your usual walk, or wincing a little when you stand up after sitting for a while. It's easy to write this off as a normal part of getting older or being active, but persistent knee pain is almost always your body sending a signal worth paying attention to, not something you simply have to push through or ignore.

The knee is one of the most commonly injured and overworked joints in the body, and for good reason. It bears your body weight with every step, absorbs impact when you run or jump, and has to stay stable while allowing a surprising amount of motion. With that much demand placed on one joint, it's no wonder things can start to go wrong. The good news is that most knee pain, regardless of the cause, responds well to the right kind of attention and care.

## **Common Causes of Knee Pain**

Knee pain rarely comes from just one single issue. More often, it's the result of several factors working together. Some of the most common causes we see include:

**Overuse and training errors.** Ramping up mileage, intensity, or frequency too quickly, whether in running, lifting, or sports, is one of the most common reasons knees start to complain. The tissue simply hasn't had time to adapt to the new demand.

**Muscle imbalances.** Weakness in the hips, glutes, or quadriceps can shift extra load onto the knee joint itself. Many people are surprised to learn that hip weakness is often the hidden driver behind knee pain.

**Old injuries that never fully healed.** A previous sprain, meniscus issue, or ligament injury can leave behind compensation patterns that quietly contribute to pain years later, even if the original injury seemed to resolve.

**Joint changes like arthritis.** Wear and tear on the cartilage over time can contribute to stiffness and discomfort, particularly with activity or after periods of rest.

**Poor movement mechanics.** How you squat, land, pivot, or even walk affects how much stress passes through your knee with each repetition. Small inefficiencies, repeated thousands of times, add up.

## **Why the Same Pain Can Have Different Causes in Different People**

One of the biggest misconceptions about knee pain is that it has a single, universal explanation. Two people can describe nearly identical pain, located in the same spot, triggered by the same activities, and have two entirely different underlying causes. One person's knee pain might be driven by weak glutes and poor landing mechanics from running. Another person's nearly identical pain might stem from an old ACL injury that changed how their knee moves without them realizing it.

This is exactly why generic advice, like generic stretches pulled from the internet or a one size fits all exercise sheet, often falls short. What works for one knee may do very little for another, even if the symptoms look the same on the surface.

## **The Bottom Line**

Knee pain is common, but that doesn't mean it's something you simply have to live with.

Whether your pain is related to overuse, an old injury, muscle imbalances, or joint changes, understanding the real cause is the first step toward lasting relief.

With the right combination of hands-on treatment, targeted strengthening, and movement adjustments, many people find meaningful, lasting improvement, without relying on long-term medication or jumping straight to surgery.



### Ingredients

- 1 ½ cups whole wheat flour
- 1 cup rolled oats
- ½ cup white sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ cup semi-sweet chocolate chips
- 2 large eggs
- ½ cup unsweetened applesauce
- ¼ cup skim milk
- 1 cup mashed banana

### How to Make Healthy Banana Chocolate Chip Oat Muffins

- Preheat the oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper liners.
- Stir whole wheat flour, rolled oats, sugar, baking powder, baking soda, and chocolate chips together in a bowl. Make a well in the center.
- Whisk eggs in a separate bowl until frothy; mix applesauce, skim milk, and banana into eggs. Pour wet ingredients into well made in flour mixture; stir just to moisten. Batter will be lumpy. Fill the prepared muffin cups about ¾ full.
- Bake in the preheated oven until a toothpick inserted into the center of several muffins comes out clean, 16 to 18 minutes. Cool in pan for 5 minutes before removing to finish cooling on wire racks.