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Can Knee Replacement Surgery Be Avoided?

Most people think that when they get Knee Pain, it'll eventually "ease off" and go away on its own. That they'll wake up one morning and like "magic", Knee Pain will be a thing of the past... But then 6 months later you're still living with the discomfort of knee pain. Often even worse than it was when it began.

Does that sound like you?

Another scenario we see all the time at Preferred Physical Therapy is when people go to their doctors, and the well-meaning doctor tells them to "rest", "try these painkillers" and "come back in 6 weeks if it's not better"...

...but then 6 weeks later, they end up going back to the same doctor again because it hasn't gotten any better, only to be given ANOTHER prescription of even stronger pills, maybe knee support – or worse, told that the ONLY thing left to do, is to go down the route of knee replacement surgery.

I hear stories each week from people who have said yes to knee surgery – to find 6 months down the line, knee pain comes back.

Knee pain after knee replacement surgery is a tricky topic. Most medical professionals will tell you that knee replacement surgery is the "solution" for anyone with painful knees that have lasted for months.

But the reality is, once the procedure is done it doesn't guarantee you won't have pain after knee replacement surgery.

Which worries me! Especially when we've helped so many people like you, live life with a lot less knee pain, naturally!

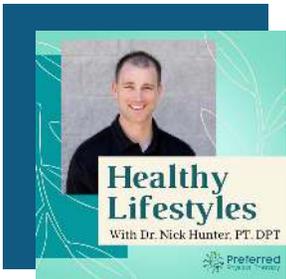
I believe the body has the capacity to heal itself when given the right conditions to do so. *When I talk about the "right conditions" I'm talking about 3 things:*

- Physical
- Diet
- Mindset

When these 3 conditions are met, the blocks are removed preventing your body from healing your knees.

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HEALTHY LIFESTYLES PODCAST

Ankle Arthritis with Dr. Jeffrey McAlister | Episode 18

Are you suffering from arthritis in your foot or ankle and are wondering if it can be healed?

Tune in to hear Dr. Hunter and his guest Dr. McAlister DPM, FACFAS talk about his passion for ankle arthritis and how he is striving to educate his patients and care for their ankles. He treats everything from bunions to ankle sprains, to heel pain, and the thing he is most passionate about is total ankle replacement. But why aren't more people talking about this type of surgery or for in ankle in general? If you've gone through all sorts of shoes to try to limit your sharp pain and have experienced wear and tear on your ankles, maybe this option is what you need.

<https://anchor.fm/nick-hunter-pt-dpt>

LISTEN NOW:

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2. Open your camera.
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4. Click the link pop up!



Better Health Package

Are you trying to reach your fitness resolutions but your pain is stopping you? With this package, you can keep up with and maintain your fitness plan just like you've wanted to. This package includes:

- 1 Mobility/strength assessment
- 3 follow up visits (1/month)
- Unlimited Normatech access (must schedule)



Retail Price is \$980. This package is for \$599! Call 623-486-3333 to buy this package now!

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Why? Well, it makes sense that your knees would still hurt months and even years after knee replacement surgery. After all, you're getting the bones in your leg replaced with plastic and metal. That can't feel good!

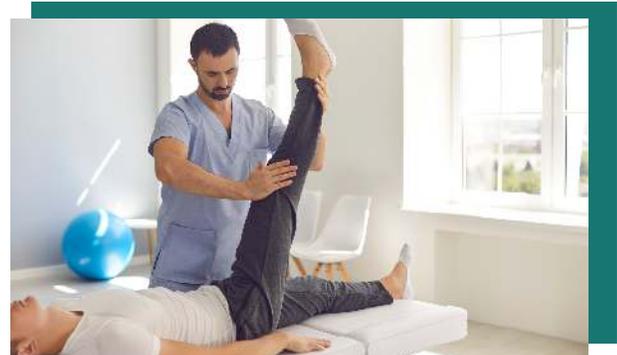
I remember how bad it hurt to break my wrist. So I would never willingly put myself through knee surgery if I didn't HAVE to. Especially if I knew there were natural options available to me to help my knees to heal.

What most people don't know is, that hands-on physical therapy can help get you back on the path to healing.

If you're confused about the advice you've been given, and you think you've already tried all of your options, *here are 5 ways physical therapy is better than continuous medication (or surgery) for helping ease knee pain...*

- 1.) there are no "nasty" lasting side effects.
- 2.) It wins the "war". And NOT just the little battles – physical therapy gets to the very root of your knee pain to ease it, not mask it with little victories that in the end simply don't last.
- 3.) You're not reliant on physical therapy for months or years.
- 4.) It doesn't lure you into a false sense of "I'm doing okay today..." to then be "taken down" by the pain when you didn't expect it.
- 5.) You don't have to sit in a stuffy doctor's waiting room or get past the unfriendly receptionist, to get access to it... And you don't have to call in at 8:30 am every morning trying to get in, only to be put on hold, told that "your call is important" to them but you're still 27th inline...

I just want you to know before you go down the surgery route – it's worth finding out if there's a way to put an end to it by avoiding dangerous Knee surgery, painful injections, and more painkillers.



Want more content? Visit our Blog!

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<https://preferredptaz.com/category/knee-pain/>



RECIPE OF THE MONTH: Sloppy Joes

Ingredients:

- 1 TB Avocado Oil
- 1 lb Grassfed ground beef
- 1/2 red onion, diced
- 1 TB Tomato Paste
- 2/3 cup Tomato Sauce (Rao's or Victoria are my favorite brands)
- 1 teaspoon minced garlic
- 1/4 cup Bragg's liquid aminos
- 1 TB dijon mustard
- 1 tsp chili powder
- 1 TB Hot sauce of your choice
- 1 tsp apple cider vinegar
- Optional: 1/4 tsp crushed red pepper
- Salt and Pepper to taste

Optional for serving:

- Sourdough Bread
- Sugar-Free burger bun
- Baked Potato

Directions:

1. Heat oil in a skillet on medium heat. Add onion and garlic and saute for a few minutes until the onion is softened. Add ground beef and cook until browned.
2. Stir in the remaining ingredients and bring to a boil. Once boiling, reduce heat and simmer until ready to serve, stirring occasionally.
3. Serve over baked or roasted potato, spaghetti squash, with sourdough bread, etc. Add broccoli, asparagus, green beans, salad, etc to complete this meal.



MEET JULIA LARISH

Julia is the founder of Dead Red Conditioning and Dead Red Kitchen. She has spent the last 12 years teaching clients how to make holistic food taste amazing and incorporate it into a busy lifestyle. Prior to opening Dead Red Kitchen, Julia received formal training as an assistant chef at EXOS. For more information, including a free consultation visit: teamdrc.com

SPOTLIGHT ON OUR GRADUATES

Mikey- Age: 50s Pain Point: Shoulder

"I was experiencing issues for a few years and it just got worse and worse. I thought I could just deal with it but realized I needed help. It was hard to do daily things and move my shoulder as much as I use to. Getting that care and attention from the Pt's is what helped me finish out my time here."



Gene - Age: 60s Pain Point: Lower back Pain

"I'm an avid hiker but I have been unable to do that because of the pain. I just took the doctor's word for it that I had chronic pain and that I have to live with it. I had PT before and they just gave me a few exercises. Unlike here it was a complete difference from what I had, they gave me a regimen and exercises, with one on one time."



MEET THE TEAM



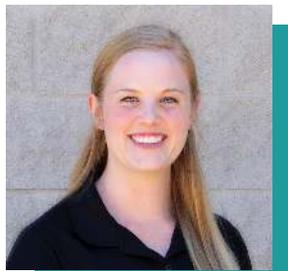
Nick Hunter
Owner, PT, DPT



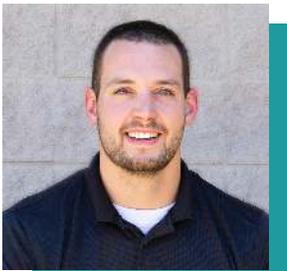
Jessika Hunter
Owner, CFO



Justin Becker
PT, DPT, XPS, SFDN1



Hannah Baylon
PT, DPT, CERT. DN



Colton Harper
PTA, BA

OUR CORE VALUES

- Have Fun, Be Happy, and Laugh
- Be Grateful and Be Humble
- Embrace and Drive Change
- Pursue Growth and Learning
- Build a Positive Team and Family Spirit
- Create 5 Star Experiences
- Care for People Before Providing Patient Care
- Anticipate the Needs of Patients and Team Members
- Be Passionate, Determined, and Creative

OUR MISSION

To help people make better decisions about their health, that allows them to find joy in their journey.

Preferred Physical Therapy is the fastest growing physical therapy clinic for men and women 40's, 50's, 60's, and 70's who want to stay active, live independent, and love to be healthy.

Founder, Dr. Nick Hunter, is the trusted health expert who helps people on a daily basis. His greatest joy is seeing his clients return to the activities that they once enjoyed.

We give men and women the BEST help, advice, and solutions to keep them pain free, active, and always on-the-go, so that they can ENJOY great health for many years to come.

KEEP UP WITH US

 @ Preferred Physical Therapy

 @ preferredptaz

 @ Nick Hunter

 @ PreferredPTAZ

OUR LOCATION

We are conveniently located off of the 101 freeway on 79th Avenue between Union Hills and Bell Rd.

