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TOP 10 TRAILS TO HIKE IN UTAH

If you live in Utah, there are thousands of amazing hiking trails. We have included a list of the top 10 ranked trails in our great state.

1. Lower Calf Creek Falls, Grand Staircase-Escalante National Monument
2. King's Peak
3. Bristlecone Loop Trail, Bryce Canyon National Park
4. Deseret Peak
5. Mount Olympus
6. Secret Lake, Little Cottonwood Canyon
7. Windows Loop Trail, Arches National Park
8. Skull Crack Trail, Causey Reservoir
9. Brighton Lakes
10. Cassidy Arch, Capitol Reef National Park

If you are looking for something a little easier or more local, visit <https://www.alltrails.com/us/utah/ogden> to get a list of the best hikes in the Ogden area.





Rock Run Physical Therapy Revue



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Goal Statement:

- **Value your time**

We make every effort to ensure that your appointments are scheduled to work best for YOU and that WE are on time.

- **Get to Know You**

We care about you as a person, not just a PT

- **Communicate Clearly**

We always keep you and your physician informed of the progress with your POC

- **Provide a Comfortable Atmosphere**

You can count on a clean and supportive environment each time you visit

PATIENTS ENTER TO WIN!!

Find the misspelled word in this newsletter and call 801-896-9200 for your chance to win a

\$10.00 gift card!

Contest for past and present patients only.

FROM YOUR PHYSICAL THERAPIST: BRANDON HEPNER



Aches and pains in the knee are common and often easily dismissed. There are many common overuse injuries in the knee that involve the kneecap, muscles and tendons that surround the knee, or the joint surfaces themselves. Osteoarthritis is well known and one of the more common problems as we age. This is a progressive condition that slowly wears away the joint cartilage that provides a cushion between the two bones. It begins innocently with a twinge or mild pain after prolonged activity, but it worsens over time and the frequency increases.

This is when you are at a crossroads so to speak. You can start to limit your activities, giving up things you love to do so that you are not in as much pain, or, you can take care of the problem. This involves getting the correct exercises and information to slow the progression of the arthritis. The earlier in the process you start the more likely you'll be successful. Low load, high repetition exercises will help the joint heal, move better, and be less painful. It is also important to look at the feet and hips as knee pathology can be worsened by weakness or poor alignment above and below the knee.

If you do end up having to have surgery, all is not lost. The exercises that you did before surgery will actually help you heal and recover faster. People who do physical therapy and exercises prior to knee surgery are able to walk better, faster, use stairs sooner, and are in less pain after surgery than those who don't. When you call our clinic, we conduct a detailed evaluation and design a physical therapy program to reduce pain and inflammation and improve function. Treatment and management plans will depend on the level of deterioration, but will focus on restoring strength, motion and stability in the knee.

Want more information? Sign up for the Knee Workshop on June 24th at 10:00 AM at our Syracuse location! It's totally free, but seats are limited – we only have 25 spots and they will go fast. We are offering this through our newsletter to our past patients FIRST. BUT, on June 10th we will open it up to the public (if there are still seats) so don't delay.

To Register follow the link below. It is easy and fast!

<https://rockruntherapy.lpages.co/tka/> OR – give Lisa and Maddie a call and they can get you registered. (Roy) 801-985-2700, (Syracuse) 801-896-9200

CATCHIN' UP WITH BRANDON

Just a few weeks ago, my 18 year old son, Dallas, received a call to serve an LDS mission in the California Los Angeles Mission! He will be serving using American Sign Language and leaves for 2 years on June 14th. Good Luck Dallas!



PATIENT TESTIMONIAL

Diana came to us following a total knee replacement earlier this year. Like most after this type of surgery, she had a lot of pain, was stiff and unsteady on her feet. We quickly got to work on her and she made great progress. Here is what she had to say:

“My experience at Rock Run has been great. The staff is all wonderful, courteous, kind and funny. I have had all of the staff with me and they all know how to bring the best out of you. The exercises have been hard at times but the staff helps you to push through. I am able to do the stairs at home without much difficulty compared to before I started at Rock Run. The leg exercises to help me bend my knee have greatly improved flexibility and it gets better day by day. I would have to say I know I wouldn't be as active today if I had not come here for therapy. It has been a great experience.”



Great Work Diana!

PHOTO CONTEST WINNER

Congratulations to Elaine Blanchard, this issue's winner of the Photo contest! Elaine took her copy of the Rock Run Revue to Holland! She won a \$50.00 gift certificate!

The contest will go again for the next issue. Remember the rules:

- Take a picture with your Rock Run Revue somewhere, anywhere... on vacation, at a ball game, in your backyard, with your favorite animal, etc...
- Submit the picture with your name via email at photo@rockrunpt.com or text it to 801-698-4156
- Cross your fingers! It's that easy!



PHYSICAL FITNESS AND SPORTS MONTH



Did you know that the Month of May is considered “Physical Fitness and Sports Month”?

The president’s council on Fitness, Sports and Nutrition challenges all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet, in Utah, nearly 44.7% of the adult population isn’t getting the recommended amount of physical exercise each week.

The Physical Activity Guidelines for Americans recommend that adults:

Aim for 2 hours and 30 minutes of moderate aerobic exercise each week. Moderate activity includes things like walking fast, dancing, swimming and raking leaves. They also recommend muscle-strengthening activities like; lifting weights or using exercise bands-at least 2 days a week.

No matter what shape you are in, you can find activities that work for you!

5 WAYS TO AVOID KNEE INJURIES WHILE RUNNING

In 2009, orthopedic surgeon, Dr. Kevin Plancher was interviewed regarding knee injuries and how to prevent them. He says, “As many as 70 percent of runners may experience knee injuries at some point in their lives. Just because you’re a runner doesn’t mean you’ll have runner’s knee or any other knee injury. These problems are typically caused by overuse or by misalignment of the joint that is exacerbated by improper running habits- all things that can be avoided.”

He came up with a list of 5 tips to help prevent knee injuries while running.

1. Wear the right shoes- Runners need to find a shoe that fits correctly. Be sure to find one with the proper support and width for your foot.
2. Always stretch- Don’t underestimate the importance of stretching. It is necessary before any run whether long, short, fast or leisurely.
3. Cross train- Plancher recommends runners add core-strengthening workouts to their routine that strengthen both the front and the backs of the thighs, as well as the muscles of the hips and buttocks.
4. Don’t overdo it- Don’t take on too much too soon. Plancher recommends starting out slowly and building your way back up to the longer runs.
5. Eat right, supplement wisely- Runners need the right types of nutrients in order to maintain healthy joints. Dark Green vegetables and dairy products are the best source of calcium, additionally, runners should take glucosamine and chondroitin to repair cartilage.

