



1003 Albert Ave., Salina, KS 67401

785-826-9911

[www.LivingWellSalina.com](http://www.LivingWellSalina.com)

## STOP YOUR KNEE PAINS WITHOUT DRUGS AND SURGERY!!!

Do you get knee pain when you walk? Does it hurt your knees to go down or up stairs? Have you been told that the cartilage in your knees is gone and that you have bone on bone? Does your knee pain limit your lifestyle? The information in this special report is for people who have mild knee aches and pains as well as those who **have severe knee pain with each step and think they have bone on bone**. It is also for those of you who **already have had knee surgery** and for those who have had a knee **joint replacement**.

Read On To Discover That There May Be Help For You

**First I want to REVEAL THE AMAZING SHOCKING TRUTH ABOUT MOST KNEE SURGERY**, which was reported in *The New England Journal of Medicine*, July 11, 2002, Volume 347, pages 81-88.

“Over 600,000 patients with osteoarthritis of the knee undergo arthroscopic surgery annually...These surgeries—the most common orthopedic surgeries—have been shown to relieve pain in approximately half of the patients, yet **the basis for pain relief is unclear**. The authors of this study evaluated the effectiveness of arthroscopic knee surgery compared to a placebo...

Patients were followed for two years and scored on multiple scales for pain and function...Results: Neither surgery group reported less pain or increased functioning compared to the placebo group at any of the seven follow ups...Also surgery groups did not experience greater improvements in function at any point, compared to the placebo group.”

Conclusion: “These results indicate that arthroscopic knee surgery appears to provide no clinical benefits.” (The preceding quote is from the *Chiropractic Research Review*, fall 2002, Vol. 5 No 9, page 7, summarizing the article.) In summary, the authors of the original article write, “If the efficacy of arthroscopic lavage or debridement in patients with osteoarthritis of the knee is no greater than that of the placebo surgery, **the billions of dollars spent on such procedures annually might be put to better use**.” (*I added the bold print for emphasis.*)

It is only reasonable to think that most of the 600,000 knee surgery patients sincerely believed that the surgery would help them. It is an **OUTRAGE** to know hundreds of thousands of patients are getting surgeries **every year** that are no more effective than a placebo! “...yet the basis for pain relief is unclear.” What is even more

**astounding** to me is that some of these failed surgery victims are so deceived and opinionated that they scoff at conservative alternative care and will not even be open-minded enough to investigate the benefits that are available. I congratulate you for reading this report. Perhaps you are open-minded to keep looking for help for yourself or someone you know.

## **Here Is A Little Known Secret. Most People Who Have Knee Pains Have Joint Misalignments In Their Knees Causing The Pain.**

It has been my experience with knee pain patients that the doctors and therapists who have been treating their knees do not know how to detect the painful joint misalignments. They don't even have a clue. They certainly don't know how to properly adjust or manipulate the knees to reduce the painful misalignments and restore normal pain-free function. Consequentially, every day in the United State, an average of about 1640 knee surgeries are performed. **Even after a knee surgery, a patient can usually still benefit from conservative care.** If you have **had surgery** already, you will want to **continue reading** this report.

**Appropriate joint adjustments of painful knees produce immediate relief of pain.** For example, if the head of the tibia (the big bone just below the knee cap) is misaligned posterior it will be difficult or painful to walk downstairs. The knee may feel stiff. Sometimes only one treatment is needed to correct this problem. There are several variables that determine the amount of care needed.

**Misalignment of the Tibia is a common problem associated with knee pains.** The tibia is your shinbone. How does the tibia misalign posterior? It can happen from falling on one or both knees. It can be caused from crawling or working on hands and knees. A mechanic kneeling on concrete to work on brakes or changing a tire, a housewife cleaning baseboards, a gardener kneeling to work in the flower garden, one or more sports injuries that push the tibia backwards, kneeling to pray without a kneeling pad, or hitting your knees in a motor vehicle accident can cause the tibia to misalign. The pain may be instant or it may develop over a period of time and repeated trauma. Joint decay or osteoarthritis of the knee is certain over time if the misalignment is not corrected.

**Another common knee problem is misalignment of the fibula, which can cause knee pain when walking or running.** To locate the bone, reach down to the bottom of your kneecap, move your fingers to the outside of your knee, and feel a bump. This is the head of the fibula. The pain can range from achy soreness to touch to severe pain when stressed from overuse while misaligned.

Frequently the **patella** (the knee cap) will misalign sideways or up from injury or overuse of the front thigh muscle (the quadriceps). The muscle can go into a mild or worse spasm and pull the kneecap out of alignment of the patellar groove. When adjusted, the relief in the knee is instant and the anterior thigh muscle will feel lighter and looser.

The **medial and lateral meniscus** of the knees can pop up in the joint and cause knee pain. When misaligned they can more easily develop a tear, which may or may not need surgery to repair.

There are other knee misalignments that can cause knee pain, but the above examples demonstrate several common causes of knee pain, soreness, and stiffness. The longer a person walks on an injured knee, the more likely they are to develop more and more problems as the body adapts to protect the knee from irritation and further injury. If the knee is not properly adjusted or realigned, the joints in the knee can decay and deteriorate causing osteoarthritis.

## The Good News Is....

**...THAT MANY PAINFUL KNEES CAN IMPROVE OR COMPLETELY RECOVER** with proper adjustments, nutritional supplementation, and in some cases, corrective orthotics to stabilize the arches of the feet. Expensive, painful, risky surgery or injections or drugs with side effects can often be avoided.

It has been my clinical experience that **patients who still have pain after surgery** or develop knee pain months or years later can **usually benefit from knee adjustments**. About half of the patients who have **had knee replacement surgery** and still have pain can get relief with gentle instrument adjusting. It has been my experience that **patients with knee replacements usually have flat feet** or fallen arches. When the arch drops, the knee rotates with every step, causing excessive motion and wearing of the knee joint. What is **amazing**, not one of my patients with knee replacements were aware of the fact that their fallen arches contributed to their knee problems. (**Fallen arches can also cause** excessive rotation of the hip joints resulting in joint decay and **arthritis of the hips**.) Most people with fallen arches and knee pains will also have painful or tender hip joints. The hip joints are painful to touch with pressure and they are achy or painful when you lay on your side when sleeping or get sore and painful with long walks, resulting in **trochanteric bursitis**. Why let the bursitis develop into degenerative arthritis, when conservative care can resolve the problem?

One of my patients had joint replacement surgery for both of her knees. She came to me with a lot of pain in her knees. After a careful examination, I demonstrated to her that she had fallen arches in her feet. She now wears custom-made, soft leather orthotics to stabilize her feet. As long as she wears them she does not have any pain in her knees. She now believes that if she had been prescribed proper orthotics when her knee pains started many years ago she could have avoided the knee replacement surgery.

**Another major cause of knee pain is a subluxation (misalignment) of the L-3 Vertebra in the low back irritating a major nerve supply to the knees.** It is my experience in treating hundreds of knees that the L-3 vertebra is usually involved. In some cases of knee pain, all that is needed is an adjustment of the vertebra to stop the knee pain and restore proper knee function.

If you or someone you know has knee pains **why not try conservative affordable gentle care for relief of pain and restoration of knee function?** Unless you have been examined and treated for some or all of the above misalignments in your knees, feet, and low back you will not know if conservative care can help you. You can always consider expensive time-consuming medication, painful injections, and surgery if the conservative care does not provide the desired results. If you do have torn ligaments and need surgical repair, you can elect to get the surgery. If your knee was injured and your ligaments were torn, you can be sure you will also have some of the additional problems mentioned above. You may not feel the need for surgery after you try conservative care. You can be sure that surgery will not correct the misalignments mentioned in this report.

I have seen several patients age 55 and older who were told they had bone on bone in their knees and that they needed surgery. Some patients said they even saw it on the X-ray film. Maybe the X-ray tech that took the films slightly angled the x-ray tube with sloppy technique or maybe the films were mixed up and showed another patient's knees. **Quite frankly if the patient had bone on bone they would not have responded so favorably to conservative care.** If they really had bone on bone, they would probably be in a wheelchair or on crutches.

Please understand, I am not opposed to any necessary surgery, especially for severe injuries, trauma, torn

ligaments, etc. However, conservative alternative care should at least be considered before routine knee surgery that is so frequently done for chronic pain.

Many of the aches and pains that come with getting older are from chronic joint misalignments that produce joint decay and arthritis. Most of the time the pain can be reduced in frequency and severity--or entirely eliminated--with spinal and extremity adjustments. Joints that are filled with arthritis can oftentimes function much better and with no pain when properly aligned.

**Do Not Accept and Believe the Common Myth  
That You Will Have to Suffer Pain Because You Have Arthritis and You Are Getting Older**

If any doctor tells you that he or she cannot help you, believe the doctor and **find another doctor who is getting results.** If you keep doing in the future what you have done in the past, you will get the same results. **Try something different. Try conservative care.**

**As we all get older, the QUALITY OF OUR LIVES becomes more and more important. It is my mission to empower patients with knowledge and care so that they can enjoy a higher quality of life.** If you are a young athlete with knee and joint injuries, have been hurt on the job, injured in a motor vehicle accident, maybe a working parent supporting your family, a grandparent who wants to be able to play with your grandchildren, or anybody else with knee pains or other aches and pains in your body, you should try affordable, gentle, conservative care to reduce your pain and improve your function and improve the quality of your life now and into the future.

**YOU CAN NOW BENEFIT FROM NEW TECHNOLOGY**

To introduce you to our new CONSISTENT, COMFORTABLE, COMPUTERIZED adjusting instrument **we are offering you a FREE DEMO VISIT.** You can see and learn how the rubber adjusting tip connected to the new Pulstar Computer treats and adjusts painful knee joints and muscles. The computer senses when the joint is unstuck and automatically shuts off. (The free demo visit does not include treatment.)

**We understand your pain, fear, frustration, disappointment, and disillusionment.** You have suffered enough already. We know that some people reading this article are **fearful of painful treatments that do not work.** Perhaps you have already experienced painful treatments by other methods. With the Pulstar there is **NO** painful twisting or jerking of your knees. When you learn how the Pulstar works by gently tapping, you can **put any fears behind you** and step forward to a better life. **If you want “happy knees again” call for an appointment.** For more information please visit our website at [www.LivingWellSalina.com](http://www.LivingWellSalina.com)



**FREE Educational Demonstration  
Visit with this coupon.**

Learn how we can help YOU!  
No risk, No cost, No obligation!

**CALL FOR AN APPOINTMENT!  
(785)-826-9911**