

Ronald D. Gardner, M.D.

*Arthroscopic Reconstructive Surgery
Joint Replacement*



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Arthritis Diet for Life

The arthritis diet targets certain “food groups” that fight inflammation and other foods that set off the inflammatory response within the body. It is best to approach this diet with optimism and approach it with a thorough understanding that it is a diet “...for life.”

To begin, in order to identify food groups that you may be sensitive to, foods that may be producing painful inflammation every time you eat them, you must first purge your system of them. These are foods listed in the lower half of the “Arthritis Diet for Life.” Avoid these for one month. During this time, educate yourself by looking at the labels of everything you put into your grocery cart. After one month, you may actually find yourself feeling more comfortable and, while not the objective, a few pounds lighter! Next, slowly start adding each food group back into your diet one at a time. If you are sensitive to any of these foods, you might start noticing joint pain/aching usually within an hour of eating them. If so, this should be your warning to avoid that “food group” in the future. Why? Every time you eat of it, you are flaring-up your joint or other body part without realizing it. Remember, this is “a diet for life.” If you eat it, know that it can cause pain. At the same time, the resulting inflammation can result in “joint degeneration,” which is another term for “osteoarthritis.”

Regarding the foods contained in the upper half of the diet, you will want to consume these on a daily basis, unless contraindicated for other health reasons (...diabetes, medications, allergies, etc.). These food groups/supplements actually help to decrease inflammation from joints & other body tissues (...heart, lungs, blood vessels, etc.). Try to substitute these foods for the others that “flare-you-up!” (For example, drink soy milk instead of cow’s milk; eat Ezekiel Bread in the freezer section of Publix, instead of whole wheat breads, etc.). The goal is to live your life pain free. Bon Appetite! (Regarding the Tart Cherry Juice Concentrate, it can be purchased from most Health Food stores or visit: fruitfast.com and/or other “like” websites.)

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GLUCOSAMINE & CHONDROITIN

WHAT IS IT?

Glucosamine is a naturally occurring nutrient in the body necessary for the production of key components in connective tissue that replenish and maintain healthy articular cartilage. It has been widely used in Europe for the past 40 years as a nutritional supplement to treat osteoarthritis. Dr. Gardner has been using/recommending it for over 10 years without problems.

WHAT DOES IT DO?

Glucosamine frequently provides pain relief to arthritic patients. It may reduce inflammation in the joint and help restore pain free range of motion. Popular claims that Glucosamine prevents the breakdown of cartilage or reverses the degeneration of cartilage are unproven, as yet. The use of Glucosamine is beneficial, and may be compared to low doses of non-steroidal anti-inflammatory drugs. This is also ideal because of the very few side effects and the excellent safety profile.

HOW IS IT TAKEN?

Glucosamine comes in different forms – Glucosamine sulfate or Glucosamine hydrochloride are the most common. Some forms come with Chondroitin compounds, and while the additional benefits of this combination are inconsistent, they appear to be real. Regardless of the form chosen, Glucosamine should be dosed about 1500mg a day in divided doses, twice a day.



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Your Daily Arthritis Diet "For Life"

"ACCEPTABLE" foods/supplements: (Unless contraindicated)

- TART Cherry Juice Concentrate – minimum 2 Tbsp. **or** 2 capsules daily. (Found in local health food stores or web-based companies – i.e., fruitfast.com).
- Fresh pineapple – at least one serving daily.
- Other "good" fruits:
 - Blueberries
 - Watermelon
 - Grapefruit
 - Lemons & limes
- Black walnuts and almonds
- Good proteins: Chicken/eggs/pork/fish.
- Dairy: Soy/almond/goat/sheep. (No cow's milk or related products). ☐ Green tea.
- Daily supplements.
 - Multivitamin with selenium 50 mcg & 100% daily value (DV) of zinc/copper/iron compounds.
 - Carlson's Fish Oils (refrigerated) *A recommended brand only – not absolute. ➤ Glucosamine 500mg/Chondroitin 400mg – 2 times a day.

Foods to "AVOID" to prevent arthritic flare-up:

- ALL wheat products
- Barley
- Rye
- Peanuts and cashews
- Black tea
- Beef
- Cow's milk and all related milk products (This means **NO** cheese, ice cream, yogurt or butter. **MAY** substitute soy).
 - Corn
 - Tomatoes
 - White potatoes
 - Eggplant
 - Cucumbers/pickles
 - Asian pears
 - Cantaloupe
 - Oranges

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TART CHERRY JUICE CONCENTRATE

Many Americans suffer from some form of joint disease, including osteoarthritis and gout. Pain from arthritis not only reduces one's mobility but it also affects one's daily quality of life. Unfortunately, there is no cure. There are, however, "natural" ways a person can manage their daily aches and pains through the foods they eat.

Research has taught us that "inflammation" associated with arthritic disease is the chief cause of joint pain. There are foods that have the potential to decrease and/or prevent inflammation, specifically the Balaton and Montmorency tart cherries. As such, if ingested daily, these cherries can possibly help to reduce the pain associated with arthritis.

WHAT IS IT?

Cherry juice concentrate is made from whole fresh or frozen Balaton and/or Montmorency tart cherries. Once the juice is extracted, it is then concentrated into a thick cherry syrup. One ounce, or two tablespoons, equals roughly 100 fresh tart cherries. (Also available in capsule form, take 2 capsules daily.) There should be no added sugar, coloring, or preservatives to the concentrate. (Found in local health food stores or web-based companies – i.e., fruitfast.com.)

WHAT DOES IT DO?

According to research, these cherries are a rich source of anthocyanins – or compounds known to prevent inflammation, thus giving them the potential to reduce pain related to inflammation, arthritis, and gout. While the research on the exact mechanisms that give the pain relief is ongoing, many consumers are discovering that Tart Cherry Juice Concentrate can help reduce pain.

HOW IS IT TAKEN?

On a daily basis, one ounce, or 2 tablespoons, of the Tart Cherry Juice Concentrate is recommended. This may be taken "straight," or blended with water. For those with more serious pain and inflammation, twice-a-day dosing may be needed.

Generally, it may take 2-3 weeks before improvements are noted. Also, for those with gastric reflux or stomach upset from acidic foods, taking this product with food may decrease the incidence of associated discomfort.



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PATELLOFEMORAL EXERCISES

Hamstring Stretch (Standing) ("Hurdler's Stretch")

Stand on one leg, with the leg to be stretched off the floor on a low table. Keeping knee straight, slowly reach for your toes and bend your opposite knee until a stretch is felt in your hamstring. Hold for 10 seconds. Return to starting position. Repeat 5



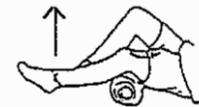
Straight Leg Raises

While lying supine, first tighten quad. With quad tight, slowly raise leg keeping it straight. Hold for 5 seconds. Repeat 10 times.



Terminal Knee Extension

Place a towel roll under your injured knee, allowing it to bend slightly. Slowly extend your leg until it is straight and hold for 3 seconds, contracting your quad muscles as tight as possible. Slowly return to the starting position. Repeat 10 times.



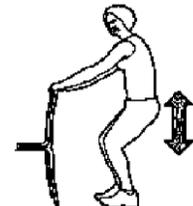
Knee Extension

Start from a sitting position on an object such as a table or chair, allowing your knees to bend. Tighten the quad muscle while extending your injured leg until it is straight. Hold for 2 seconds then slowly lower your leg. Repeat 10 times.



Mini Squats

Begin in a standing position with feet shoulder width apart and toes pointed forward. Bend at the knees until a 30-degree angle is formed. Slowly return to the standing position. Hold for 10 seconds. Repeat 10 times.



Perform all above exercises daily. For those that cause pain, discontinue and try again weekly. When or if they no longer hurt, add them to the routine.

Dr. Gardner recommends icing for 10-20 minutes after you finish exercises.