



## Knee Pain and Hamstring Strain Solutions

With physical therapist Ralph Havens PT IMTC  
Bellingham, WA & Dr. Tom Giammatteo DC ND IMTC

Contact Ralph Havens PT IMTC

<https://ralphhavens.com/>

And

Dr. Tom Giammatteo DC ND IMTC

<https://imtwellnesscenter.com/>

Physical Therapy Bellingham, WA  
Beyond Limits Physical Therapy Bellingham WA

## Framework:

- \* Check your shoes - Are they new and working for you?
- \* What surfaces do you run on? Pavement, Trails?
- \* Muscles and body getting enough rest? Do you have a good training and recovery program? Do you have a good coach? Recommend Jack Daniel's PhD for running formula <https://amzn.to/3RbFjS8>
- \* Flexibility? Can you stand against a wall and forward bend with straight legs without falling forward?
- \* Biomechanics of the foot. Heel or mid foot or forefoot striker?
- \* What are your casual shoes?
- \* Do you have flat feet? Over pronation? Sole Supports link <https://www.solesupports.com/>
- \* How important is the foot? How about your total body posture? Do you have good alignment head to toe?
- \* Traditional Chinese Medicine philosophy: Foot posture is related to the kidney and adrenal health and meridians. The kidney meridian goes from the base of the foot

between the 1st and 2nd ray up the medial knee to the collarbone area. This signifies adrenal stress or support in the body. Flat feet = Adrenal stress and Kidney meridian issues.

- \* HTN Blood pressure check for adrenal fatigue. Ragland Test Taking blood pressure lying down, sitting and standing. Does your blood pressure increase 10° from lying to sitting and from sitting to standing and then return to baseline 3 minutes later with standing? If not you have adrenal stress. POTS. Can also get lab tests for cortisol levels.
- \* What can help? Meditation, Peace Process, Herbs like ashwaganda, Fields of Flowers
- \* Contact Ralph Havens PT IMTC Bellingham, WA <https://ralphhavens.com/contact>
- \* Contact Tom Giammatteo DC ND IMTC West Hartford CT <https://imtwellnesscenter.com/>