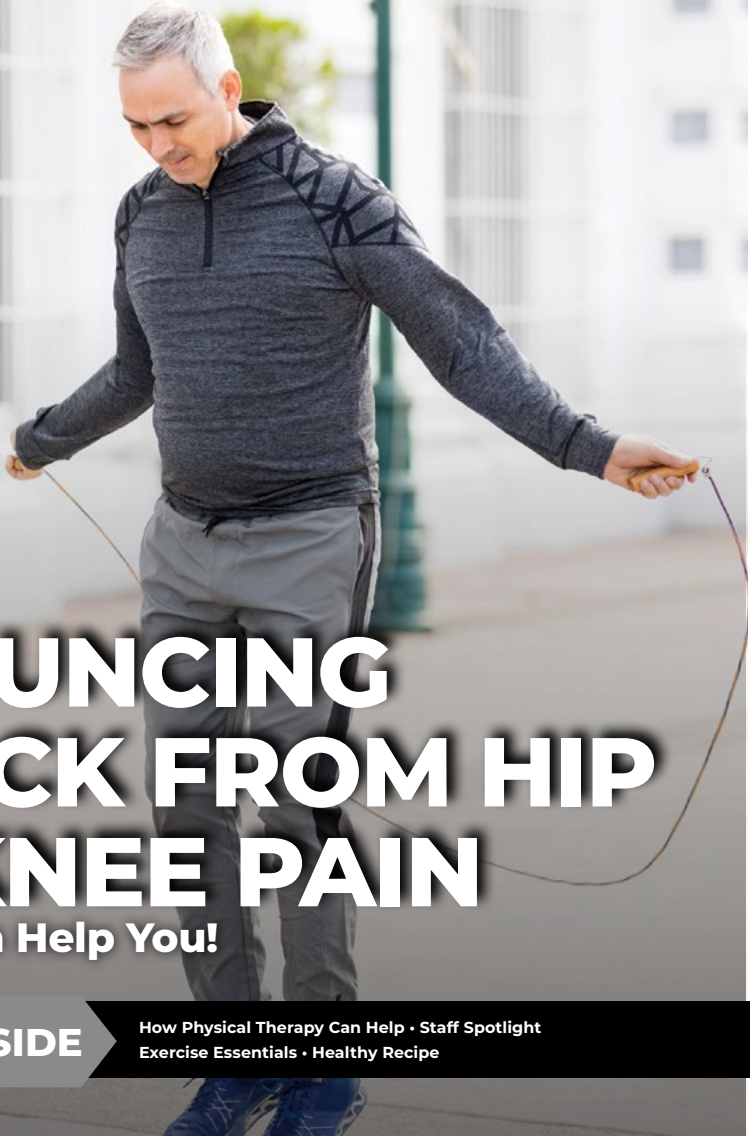




connections
PHYSICAL THERAPY

NEWSLETTER



BOUNCING BACK FROM HIP & KNEE PAIN

We Can Help You!

ALSO INSIDE

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BOUNCING BACK FROM HIP & KNEE PAIN

We Can Help You!

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries, and age, however, pain can flare-up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

WHAT CAUSES HIP, KNEE AND LEG PAIN?

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendinitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death or necrosis. If you're experiencing redness, inflammation, and immobilized joints, the condition may be severe.

WHAT ARE THE SYMPTOMS?

While leg pain is noticeable by a slew of symptoms, many stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

**IF YOU'RE SUFFERING FROM HIP, LEG, OR
KNEE PAIN, CALL YOUR PHYSICAL THERAPIST
AT CONNECTIONS PHYSICAL THERAPY TO
SCHEDULE YOUR APPOINTMENT TODAY!**

Sources

<https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>
<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>
<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

CALL TODAY TO FEEL NORMAL AGAIN!

connectionspt.com



HOW PHYSICAL THERAPY CAN HELP



In most cases, physical therapy can help patients improve their pain and function related to pain in the lower extremities. In general terms, the hip and ankle joints need to be mobile, while the knee joint needs to be stable- Therefore, a proper plan-of-care can greatly improve flexibility, strength, and overall function.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone surgery or intervention for a joint replacement, dislocation or fracture, our therapists can help you reclaim full mobility and strength to help reach your goals. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option.

IF YOU'RE SUFFERING FROM HIP, LEG, OR KNEE PAIN, CALL YOUR PHYSICAL THERAPIST OR INSTRUCTOR AT CONNECTIONS PHYSICAL THERAPY TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE ESSENTIALS

Perform This Exercise To Help Hip & Knee Pain

CLAMSHELLS

Clamshells target the rotator muscles of your hip to improve both hip and knee alignment and stability. Tie a TheraBand just above your knees (or go without!) Keep your heels together and your hips stable. Raise your top knee in the air and slowly lower. Repeat 10 times completing 3 sets.



WE'RE STAYING SAFE!

The staff at Connections Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we are taking these precautions:



ONE PATIENT TO ONE THERAPIST ONLY IN THE CLINIC



NO DOUBLE BOOKING OR PATIENT OVERLAP



THERAPISTS PROVIDED TIME TO CLEAN ALL SURFACES AND EQUIPMENT BETWEEN PATIENTS.

PATIENT SUCCESS SPOTLIGHT

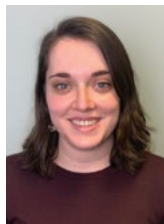
“She’s worked so hard to get to this point, and she is looking great!”



“She’s running! Teagan tore her ACL during a collision in a basketball game at the beginning of her season this year. She had reconstruction surgery in February and has been coming to PT twice a week to wean off her crutches, improve range of motion, increase strength, and get back to the sport she loves

so much! Teagan was approved to begin jogging last week. She’s worked so hard to get to this point, and she is looking great! We are excited for Teagan to continue building her fitness and dynamic control so she can return to basketball next year as senior captain of the Lincoln-Sudbury HS girls varsity basketball team. Way to go Teagan!”

STAFF SPOTLIGHT



ERICA HOFFMANN, OTD, OTR/L

Dr. Erica Hoffmann received her Bachelor’s in Human Development and Family Studies from the University of Connecticut and continued on to receive her Doctorate in Occupational Therapy from Western New England University. Erica knew from the start she wanted to work in healthcare, and loves how

personal, fun, and functional occupational therapy is. Getting to know each one of her patients closely and watching them succeed is something that she enjoys.

Erica joined Connections Physical Therapy in January 2021 at our Worcester clinic and works closely with patients on endurance and fatigue management, upper extremity strengthening, fine motor skills, cognitive rehabilitation, reducing tremors, use of adaptive equipment, and most importantly, on regaining and maintaining independence in their daily routine and activities that they enjoy doing. In her free time, she enjoys participating in and supporting community theater, printmaking, reading, baking, and going for walks.

Erica said, “I feel very lucky to work with knowledgeable, skilled therapists in an engaging setting and to have so many hardworking clients.”

NEW PHYSICAL THERAPIST SPOTLIGHT



ALICIA DEGISO, PT, DPT

We are excited to introduce our new physical therapist Alicia DeGiso who is seeing patients in our Sudbury and Holliston clinics. Alicia graduated from the University of Massachusetts Lowell receiving her Bachelors in Exercise Physiology and then continued to receive her Doctorate in Physical Therapy in 2017. Over the years Alicia has worked in outpatient clinic settings

and has experience working with a wide variety of orthopedic, geriatric, neurological and vestibular conditions. Welcome to the Connections team Alicia!

HEALTHY RECIPE

WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS:

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

DIRECTIONS: In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

www.hallbakedharvest.com/immune-boosting-winter-citrus-smoothie



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