



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

# PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN



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## PHYSICAL THERAPY SOLUTIONS FOR **HIP AND KNEE PAIN**

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Connections Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

### **Common Causes Of Hip, Knee & 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.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with

tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

***While many causes of pain exist, the most common are:***

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

***In rare or more severe cases, the causes can be:***

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

**Our goal is to help you reach yours!**

**Come back into our clinic for treatment  
and take a step towards better health.**

# COME BACK IN FOR PT!



# What Do My Symptoms Mean?



Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

## How Physical Therapy Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

### Sources

<https://pubmed.ncbi.nlm.nih.gov/33560326/>

<https://pubmed.ncbi.nlm.nih.gov/30126395/>

<https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>

<https://pubmed.ncbi.nlm.nih.gov/25591130/>



## Our Goal Is To Help You Reach Yours!

Scan the QR Code to visit our website and schedule your appointment!

## EXERCISE ESSENTIAL

### BRIDGING

While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.

*This exercise is designed for pain prevention.  
Call your therapist if you are experiencing any pain!*





## Staff Spotlight

### DANIELLE PACINI PT, DPT, LSVT


Danielle received her Bachelor of Arts in Biology with a concentration in neuroscience from Assumption College in 2018 and went on to receive her Doctor of Physical Therapy degree in 2021 from MCPHS University. She is LSVT-BIG certified and has provided services to patients with Parkinson's disease to re-calibrate gait mechanics and overall function needed for activities of daily living.


Danielle has experience with post-surgical, neurological, and orthopedic conditions including temporomandibular disorders (TMD). She joined our Connections team in Fox Hill Village in September 2022. She is passionate about using a combination of manual therapy, and therapeutic exercise to provide quality care. She loves collaborating with patients to help them achieve their goals. When not enjoying her work as a therapist, Danielle enjoys going to the movies, running, taking pilates classes, traveling, and spending time with family and friends.




## Community Events


Our Connections PT team is out and about to spread the word on how physical therapy can reduce pain and improve quality of life.






Scan the code to find us.>>





Scan the code to <<find us.





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**Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!**