



connections
PHYSICAL THERAPY

NEWSLETTER

HOW PHYSICAL THERAPY HELPS **HIP & KNEE PAIN**

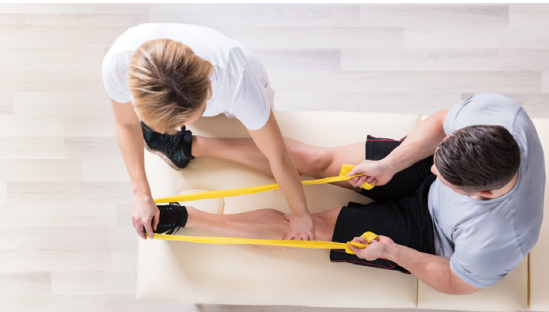


ALSO INSIDE

EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS
FAMILY-FRIENDLY SPRING ACTIVITIES



HOW PHYSICAL THERAPY HELPS **HIP & KNEE PAIN**



Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Connections Physical Therapy, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Connections Physical Therapy, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying The Source Of Your Hip And Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

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

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe 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!

connectionspt.com

Effective Solutions for Your Knees & Hips

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

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 treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What To Expect In Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

EXERCISE ESSENTIAL HIP ABDUCTION (QUADRUPED)

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.

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



Contact Us Today

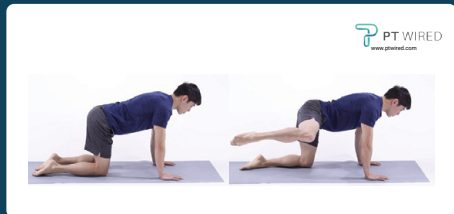
If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Connections Physical Therapy to schedule an appointment. We offer the results you are looking for!

Sources:
<https://pubmed.ncbi.nlm.nih.gov/33560326/>
<https://www.jospt.org/doi/10.2519/jospt.2017.0301>
<https://pubmed.ncbi.nlm.nih.gov/30126395/>
<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!





Family-Friendly Spring Activities

Spring is on its way, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love! Here are some fun, family-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

Try a new outdoor sport

As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months!

Visit an outdoor farmers market

If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try.

Go see a drive-in movie

The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

Break out the gardening tools

Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, and an excuse to get fresh air. Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.



Healthy Recipe

BLUEBERRY MUFFIN OVERNIGHT OATS

- 1 cup rolled oats
- 1/2 cup blueberries, mashed
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>