

PAIN-FREE STEPS: PT REMEDIES FOR HIPS AND KNEES



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APPOINTMENT TODAY!





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PAIN-FREE STEPS: PT REMEDIES FOR HIPS AND KNEES

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 Kleinpeter 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, 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.

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.

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.



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HIP HOORAY! KNEE HAPPY!

Continued from outside

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 Kleinpeter Physical Therapy today, and tell us about your symptoms. We offer the results you are looking for!

Sources

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5 WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1 Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2 Add fruits or vegetables to your water. If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3 When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

4 Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

5 Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



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Healthy Recipe

Epic Summer Salad

INGREDIENTS:

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled

DRESSING

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes, zested and juiced
- 2 tsp white wine vinegar
- 2 tsp honey



DIRECTIONS: Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



I wanted to avoid surgery. I came to Kleinpeter Physical Therapy so that they could work on my knee. I had started walking with a cane because my knee was bad. After physical therapy, I was able to regain my mobility. I am now able to walk 1 mile each day with my dog

-Adeline C.



AT-HOME EXERCISE



SUPINE HIP CIRCLES

TRY THIS MOVEMENT TO RELIEVE YOUR HIP PAIN.

Lie flat on your back with your hands on your chest and your legs together straight out. Keeping your leg straight raise one leg up so your heel is at the height of your other toe and slowly draw circles in the air with your foot moving only at your hip joint. Repeat 3 sets of 10 reps.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

*Call today to schedule
an appointment!*

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