



**HIP AND
KNEE PAIN**

Solutions

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Dr. Christian

Lateral Movements
and Injury Prevention

HIP AND KNEE PAIN

Solutions



A MESSAGE FROM DR. CHRISTIAN, DPT
HIP AND KNEE PAIN SOLUTIONS

Hip and knee pain are a combo that tends to occur together. Many people find that initially their hip begins to hurt, then eventually their knee will begin causing them pain as well. One of the reasons that this happens is due to the way our bodies are designed; the hip has quite a wide range of motion, which can oftentimes place the knee in uncomfortable positions. For example, if your hip tends to rotate inwards (a phenomenon you may have heard as “knock-kneed”) then typically this position will place more pressure on the inside of the knee. Our bodies are incredible at dealing with these positions, and most people can get away with having “knock-knees” or even “bowleggedness” for years without any symptoms. However, as the years go by our knees may wear down

when there is constant pressure on one side of the knee, and it all started with the hips!

Hip stability can play a large role in taking these abnormal pressures off our knees and allowing our bodies to move in the way they were designed. If the muscles around the hips are weak, not activating at the right time, or shortened, it will certainly create compensations at the knees. When our physical therapists evaluate knee pain, we always look at your hip stability to determine what exactly led to this knee pain in the first place. In short, there is a strong connection between the hips and the knees that can create painful symptoms. If these symptoms sound familiar to you, give us a call and set up an evaluation with our skilled physical therapists today!

Solutions for HIP AND KNEE PAIN

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Joint Restoration Center, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket). There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Joint Restoration Center as soon as possible. We'll help you get moving freely once again!

WHAT CAUSES HIP AND KNEE PAIN?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Tears and ruptures.** There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.
- **Bursitis.** Bursae are liquid sacs that can be found between tissues. They help ease friction from tissues running together, however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Strains and Tendonitis.** Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>; <https://www.jospt.org/doi/10.2519/jospt.2017.0301>; <https://pubmed.ncbi.nlm.nih.gov/20126395/>; <https://pubmed.ncbi.nlm.nih.gov/25591130/>

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

HOW PHYSICAL THERAPY CAN HELP HIP AND KNEE PAIN

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Physical therapy will provide the foundation for success while reducing future injuries!

CONTACT US TO SCHEDULE AN APPOINTMENT

At Joint Restoration Center, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!



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SPORTS FOCUS

Lateral Movements and

INJURY PREVENTION

A physical therapist plays a crucial role in injury prevention, particularly in sports that involve lateral movements. Lateral movements, such as cutting, pivoting, and side-stepping, can put significant stress on joints, especially the knees, and increase the risk of injuries. Here's how a physical therapist can help:

- 1. Assessment and Screening:** Physical therapists can conduct thorough assessments and screenings to identify areas of weakness, imbalance, or movement dysfunction. This can involve analyzing an athlete's biomechanics, joint stability, muscle imbalances, and movement patterns specific to lateral movements.
- 2. Customized Exercise Programs:** Based on the assessment, physical therapists can design individualized exercise programs that focus on improving muscle strength, flexibility, and balance. These programs may include exercises targeting specific muscle groups that support the joints involved in lateral movements.
- 3. Muscle Balance:** Proper muscle balance is crucial for stabilizing joints during lateral movements. Physical therapists can help athletes strengthen muscles that are often overlooked, promoting balanced muscle development around the joints. For instance, strong quadriceps and hamstrings can help stabilize the knees during cutting and pivoting motions.
- 4. Neuromuscular Training:** Physical therapists can incorporate neuromuscular training into an athlete's routine. This involves exercises that challenge an athlete's proprioception, coordination, and reflexes to improve their ability to control movements and respond to unexpected situations, reducing the risk of injury.
- 5. Biomechanical Corrections:** Physical therapists can analyze an athlete's movement mechanics during lateral movements and provide guidance on proper techniques. Correcting faulty movement patterns can reduce the stress on joints and decrease the likelihood of injury.
- 6. Education:** Educating athletes about the importance of proper warm-up, cool-down, stretching, and recovery strategies is essential. Physical therapists can guide athletes on how to incorporate these practices into their routines to enhance injury prevention.

STATISTICS ON ADOLESCENT ATHLETES AND KNEE INJURIES

Adolescent athletes, especially those involved in sports with lateral movements like soccer, basketball, and football, are at a higher risk of knee injuries. According to various studies:

- The American Academy of Orthopaedic Surgeons reports that over 3.5 million children and adolescents under the age of 14 receive medical treatment for sports injuries each year.

- The Centers for Disease Control and Prevention (CDC) states that high school athletes alone account for an estimated 2 million injuries, 500,000 doctor visits, and 30,000 hospitalizations each year.
- The anterior cruciate ligament (ACL) injury, a common knee injury, is more prevalent among adolescent female athletes, with studies suggesting that they are two to eight times more likely to suffer from ACL injuries compared to their male counterparts.

INCORPORATING PROPER MUSCLE BALANCE

For athletes engaging in sports with lateral movements, maintaining proper muscle balance is essential for joint stability. Some muscle groups that need focus include:

- **Quadriceps and Hamstrings:** Balanced development of these muscle groups helps stabilize the knee joint during lateral movements.
- **Hip Abductors and Adductors:** Strengthening these muscles supports lateral movement control and stability.
- **Core Muscles:** A strong core helps maintain overall body stability, reducing stress on joints during dynamic movements.

In conclusion, physical therapists play a vital role in injury prevention for sports involving lateral movements, especially among adolescent athletes who are prone to knee injuries. Through assessments, tailored exercise programs, muscle balance training, and biomechanical guidance, physical therapists can help athletes enhance their strength, flexibility, and movement mechanics, ultimately reducing the risk of injuries.



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Has Your Pain Returned?

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