



KNEE & HIP PAIN

Relief

INSIDE:

A Message from
Dr. Christian

Healthy Recipe!

Knee and Hip Pain Relief



A MESSAGE FROM DR. CHRISTIAN, DPT



"THE HIP BONE'S CONNECTED TO THE KNEE BONE..."

I've noticed a trend lately in many of the people I've had the pleasure of working with over the years: when it comes to your body, it's never just one problem! Typically, when knee pain has gradually crept up over the years to the point where it is giving you a great deal of pain, you may notice that pain in another body part has begun. This happens because our body parts all work together. Over time with a given injury, the body will compensate and shift our weight onto another joint and before we know it we have pain all over. When it comes to knee pain, we typically see a trend of hip weakness and/or stiffness as well. Hip and knee pain are notorious for happening closely together because

the knee depends so much on the hip to ensure we move correctly. If consistently moving in an incorrect pattern due to hip issues, the knee will take much more uneven force and slowly begin to wear down. This can prove frustrating because we are much more prone to treating the location of our pain, rather than the underlying symptoms. Movement analysis is crucial to ensure that we are treating the root cause of your pain in favor of simply "chasing symptoms." If you are interested in getting to the root cause of your pain, then you are ready to see our specialists at Joint Restoration Center. Feel free to contact us and schedule your appointment today!

KNEE AND HIP PAIN RELIEF



PHYSICAL THERAPY CAN HELP RESOLVE YOUR PAIN!

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Joint Restoration Center today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Joint Restoration Center, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Joint Restoration Center are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to Stay Active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise Therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretching exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

continues >>

Source: <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>; <https://painphysicianjournal.com/current/pdf?article=NTIwOQ%3D%3D&journal=111>; [https://www.oarsjournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsjournal.com/article/S1063-4584(02)90796-X/pdf); <https://www.sciencedirect.com/science/article/pii/S1063458414013429>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8022067/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/>; <https://doi.org/10.1016/j.pmn.2020.12.011>

CONTACT OUR CLINIC TODAY

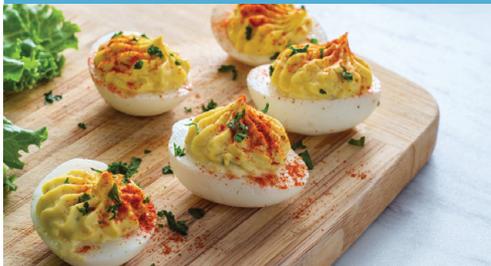
Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Contact Joint Restoration Center today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Book Your Appointment Today!



Try This Healthy Recipe!



HEALTHIER DEVILED EGGS

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

Hard-boil the eggs by method of your choice. Cool, peel, pat dry and halve. Transfer the yolks into a small mixing bowl. To the yolks, add hummus, mustard, vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Taste and adjust flavor by adding more of each ingredient as needed. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the egg whites. Sprinkle with paprika.

Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>

PATIENT Success Story

This place is awesome, from the orientation with Adam to the best receptionist in the game and Christian — just the whole staff is great.”

— Samuel A.



HOME EXERCISE

90/90 HIP STRETCH *Try this exercise to improve hip flexibility.*

Start by sitting up straight on a mat. Take one leg and make your shin parallel with the front of the mat and your knee at a 90-degree angle with your leg on the mat. Place your other knee near your foot and aim your shin parallel with the side edge of the mat so your foot is pointing straight back and your knee is bent to about 90-degrees. Sit straight up and allow your hips to be stretched as they sink toward the mat in this position. 2 sets, 1 rep, 30 seconds hold.



Always consult with your physical therapist before starting new exercises.

918.205.2608

JOINT RESTORATION CENTER & PHYSICAL THERAPY

JointRestorationCenter.com