

WALK AGAIN WITHOUT PAIN



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DON'T ALLOW HIP & KNEE PAIN TO *CATCH UP WITH YOU!*

GO BACK TO
PT!

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been effected in some way or another. For more information regarding how our treatments can help you, give us a call today!

What causes knee and hip pain? Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.



HOW PHYSICAL THERAPY HELPS WITH HIP & KNEE PAIN

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at FYZICAL are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

DIY ice packs for when your joints are burning after all that walking: 4 Different Methods

1. (3) Parts water to (1) part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the most soft and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. (2) Parts liquid dish soap to (1) part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

CONTACT US! MATTOON: (217) 345-1245 SULLIVAN: (217) 728-8100

PROTEIN PB & J SMOOTHIE BOWL

INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter



- optional toppings: 1 tsp melted peanut butter for drizzling, blueberries, chia seeds

DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>



To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

Source: <https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684>

3 NATURAL WAYS TO BEAT SPRING ALLERGIES

1. Limit your time outdoors.

Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.



2. Tweak your home.

Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean!

Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

PATIENT SUCCESS SPOTLIGHT

Before working with Dr. Kruckeberg, I could barely walk, could not get out of a chair unaided, couldn't even turn over in bed. I was in constant pain in my knees. After thorough, sustained Physical Therapy, I can now walk ¼ mile, get out of any chair, and even get down on the floor and back up again without touching any furniture or wall. Thank you, Dr. K. for your perseverance in helping me back to health, and getting physically fit for knee replacement surgery." - **Cheryl H.**



A MOMENT WITH KRUCKEBERG

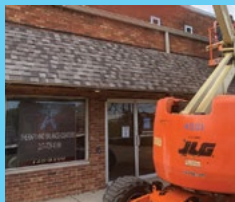


Spring started early and lawns were being mowed before April started. I have kept ahead of the algae so far but hard to tell with all the rain which caused overflow. The critters that visit the pond will still be glad to bring in foreign flora and fauna so it is too hard to tell how things will hold out.

They are almost done with the renovations of the Sullivan office building. It has been a 2-year project but required a lot of building upgrades on the outside. The front and side of the building look great. They will be finishing the back and the suites next door. The new barbershop is busy but the clothing store has not moved back in nor has the offices for the Moultrie Counseling service.

We have gotten new carpet and ceiling tile. Now I just have to finish the window decals and organization of the office space. I will keep you abreast of the looks but the photos are what it looks like so far.

The COVID outbreak is ebbing and we are moving toward normal lifestyles. Please be careful and follow guidelines set out by CDC.



Exercise To Do At Home

Strengthens glutes

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

SimpleSet Pro
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

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FYZICAL®
Therapy & Balance Centers