



# HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

READ ON TO LEARN MORE!

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## SEEK RELIEF FROM HIP & KNEE PAIN PHYSICAL THERAPY CAN HELP!

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 FYZICAL, 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 FYZICAL, 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.

*(continued inside)*

# EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS

*(continued from outside)*

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!

**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 FYZICAL 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/>

**CONTACT US!**  
**MATTOON: (217) 335-4197**  
**SULLIVAN: (217) 733-0539**

## AVOCADO-EGG TOAST



### INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

### DIRECTIONS

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

## TELL US HOW WE DID!

Did you know you can leave a Google Review without a Google Account?

### INSTRUCTIONS:

1. Open the camera on your smart phone
2. Center the desired QR code in the frame  
*(this will take you directly to our Google Review page)*
3. You will see one of two screens:
  - One will allow you to give a rating and write the review as usual
  - The other will ask you to sign in
4. If you see the second screen asking you to sign in, click "Create Account"
5. Then click "Use my current email address instead"
6. Tell us how we did!



**Mattoon Office**



**Sullivan Office**

## PATIENT SUCCESS SPOTLIGHT

“I came here after my second knee replacement. Was worried this wouldn’t take just like the first one. This time I think it is going to work with help of the care I received her in this therapy office. I have only received 3 weeks of therapy and have good movement in my knee and am continuing therapy in Florida where we live. Dick was kind and knows how to bring you the therapy need for this success. Just have to be better at doing my therapy at home.” — **Cheryl B.**



## A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

ahead of me

Fall is so pleasant. Beautiful colors and fresh crisp air. Wait what happened to summer? I have a list of projects that I wanted to get done outside. Yikes! At least I won’t worry about the pond. All the rain did not help my pond dye and the fact that the pond circulating pump crashed did not help. Just like some of my gardens in the past nature gets

Thinking of fall, how many black wooly worms have you seen. I have not checked the persimmon seeds yet. Winter will bring what it will in spite of what I want. Funny how quickly we start thinking of winter.



Interestingly my wife and I are changing the flooring in our house. We waited, like most parents do, until the kids are out of the house to change things. One reason is children are part of cause of wear and tear. The other reason is we can afford some changes now.

Hopefully I did not mention that too soon and one of them moves back in.

Just like the seasons and the weather, children moving out is a sign of the normal change but you always have to be ready for the unexpected.

## Exercise To Do At Home

Strengthens hips

### 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.



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