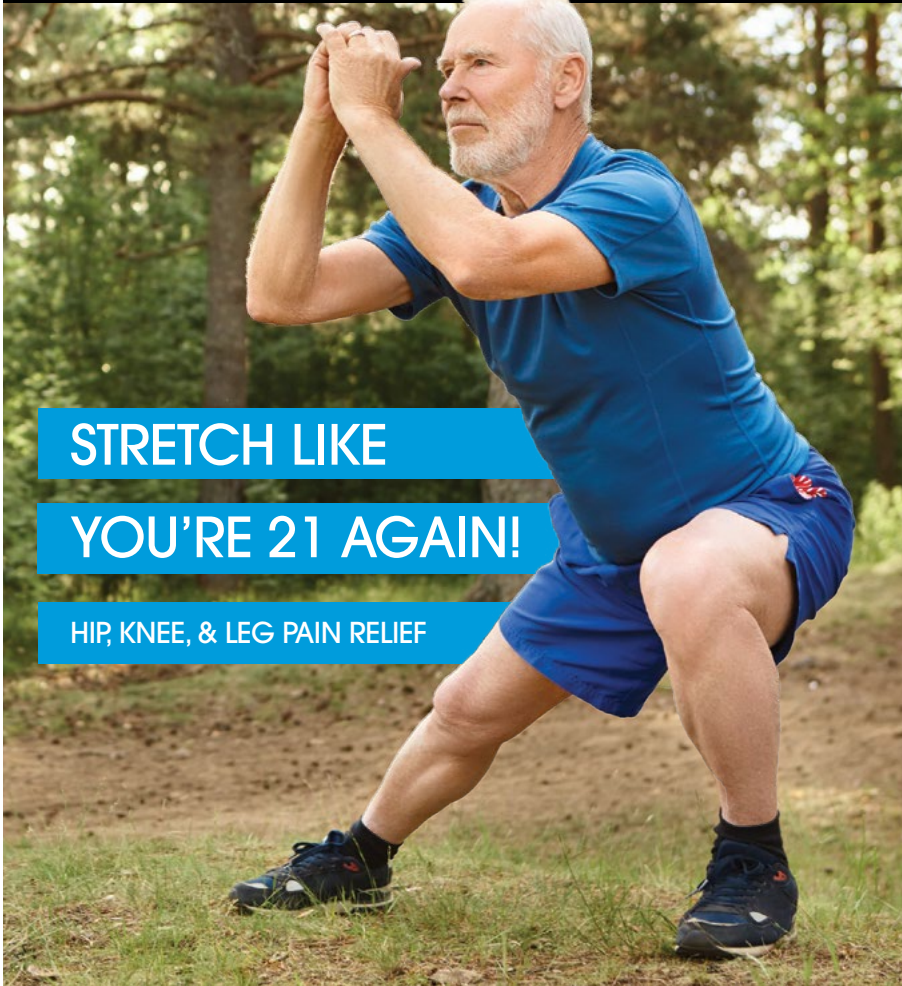


N E W S L E T T E R



**STRETCH LIKE**

**YOU'RE 21 AGAIN!**

**HIP, KNEE, & LEG PAIN RELIEF**

**INSIDE THIS NEWSLETTER:**

What Are The  
Symptoms?

Patient Success  
Spotlight

Keeping Up With Your PT Treatment  
While Traveling This Summer

## N E W S L E T T E R



# NOTHING CAN STOP YOU WHEN YOU GAIN HIP, KNEE & LEG PAIN RELIEF

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

*If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.*

**What Causes 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.

Researchers at Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

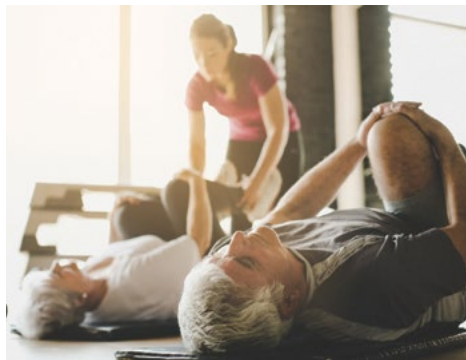
# WHAT ARE THE SYMPTOMS?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. 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 Can Help.** In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every



therapy option. **Contact one of our providers today, and tell us about your symptoms.**

Sources: <https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>  
<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>  
<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

**Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!**

## EXERCISE ESSENTIALS

TRY THIS EXERCISE TO STRETCHES HIPS.

### SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 30 seconds and repeat as needed.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## ARE YOU IN PAIN?

# 25% OFF

IN-OFFICE PRODUCT OF THE WEEK

To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



## CALL FOR MORE INFO TODAY



IF YOU'RE INTERESTED IN THERAPY OR FITNESS,  
VISIT [WWW.FYZICAL.COM/NEW-ORLEANS](http://WWW.FYZICAL.COM/NEW-ORLEANS) OR [WWW.FYZICAL.COM/ST-BERNARD-LA](http://WWW.FYZICAL.COM/ST-BERNARD-LA)  
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

## KEEPING UP WITH YOUR PT TREATMENT IN THE SUMMER



**1. Exercise in the pool.** Make your way over to your local pool and try some aquatic exercises on for size! Seeking out heavier resistance for your exercises can engage your muscles more fully and also help you burn more calories in a shorter amount of time. Aquatic exercise also increases your strength, flexibility, and endurance.

**2. Rearrange your schedule.** Adding 30 minutes of physical activity into your busy routine can make a big difference in helping maintain your function. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple of nights a week – you deserve it!

**3. Start a new hobby!** Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Try your hand at some of these to see which suits you best!

**4. Maintain a healthy diet on the go.** According to a United States survey conducted in 2015, it was concluded that the restaurant industry is at its peak during the summer months – reaching 745.61 billion American dollars in the summer of 2015 alone. 20% of Americans reported visiting “quick service” restaurants once a week, while 72% reported visiting “quick service” restaurants for lunch every day. Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise.

**Call our clinic for an appointment.** It's important to keep your health as a top priority no matter where you travel or what you do this summer. If you need guidance when it comes to your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call FYZICAL to set up an appointment!

Sources: <https://www.healthline.com/health/fitness-exercise/pool-exercises#benefits>  
<https://www.smartertravel.com/hotel-room-workout-exercise-guide/>

## FRESH CORN CAKES WITH SUMMER SALSA

### INGREDIENTS

- ¾ cup white whole-wheat flour
- ½ cup plain yellow cornmeal
- 2 tsp baking powder
- ¾ tsp kosher salt
- ½ tsp black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tbsp olive oil
- 1 ¼ cups fresh corn kernels
- 2 tbsp minced jalapeño
- ½ cup diced yellow squash



- ¼ cup chopped green onions
- ¼ cup chopped basil
- 1 ½ tsp white wine vinegar
- 1 medium tomato, chopped

### DIRECTIONS

Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

<https://www.myrecipes.com/recipe/fresh-corn-cakes-summer-salsa>

# ENJOY

## FAMILY FUN!

The FYZICAL New Orleans and St. Bernard team encourages patients to enjoy a safe and active Summer!



## PATIENT SUCCESS SPOTLIGHT!



**Everyone is so nice from  
the time you enter!**

*"I enjoyed coming to therapy Mondays and Wednesdays. Everyone is so nice from the time you enter. Ester greets you so nicely and it helps to start your day. Also, the therapists are superb at FYZICAL!"*

- Julia A.



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

**NEW ORLEANS CLINIC**

504-861-4693

**ST. BERNARD CLINIC**

504-277-6052

[www.fyzical.com/new-orleans](http://www.fyzical.com/new-orleans)

[www.fyzical.com/st-bernard-la](http://www.fyzical.com/st-bernard-la)