

N E W S L E T T E R



SAY HELLO

TO PAIN-FREE

KNEES & HIPS

INSIDE THIS NEWSLETTER:

What You Can Expect At  
Physical Therapy

Patient Success  
Spotlight

Healthy Recipe

# NEWSLETTER

# PHYSICAL THERAPY CAN HELP RESOLVE YOUR HIP & KNEE 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.

***Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis.***

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 FYZICAL 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 FYZICAL, 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 FYZICAL are designed to strengthen the targeted areas and help the body recover and heal. Our therapists are highly trained and 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.

*(continued inside)*

# WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

**(continued from outside)** 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 stretches exercises
- Strength exercises
- Balance & 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.



**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. **Call FYZICAL today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.**

Source: <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>  
<https://painphysicianjournal.com/current/pdf?article=NT1wOQ%3D%3D&journal=111>  
[https://www.oarsijournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsijournal.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.jpain.2020.12.011>

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

## EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR HIP PAIN.

### 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!

## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

**Have you undergone surgery recently? Call us today at New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.**

## SICILIAN EGGPLANT CAPONATA

### INGREDIENTS

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers



- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

### DIRECTIONS

Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>

# HAPPY HOLIDAYS!

The FYZICAL  
New Orleans &  
St. Bernard team  
wishes everyone a  
Merry Christmas & a  
Happy New Year!



## PATIENT SUCCESS SPOTLIGHT!



**I highly recommend them for  
all your recovery needs!**

*"Great experience at FYZICAL! I came in after a slip and fall and 12 sessions later their awesome crew had me feeling good as new! Thanks to Daniel, Even, and everyone else for catering to all my needs and getting me back to 100%! I highly recommend them for all your recovery needs!" - Spencer S.*



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)