



NEWSLETTER



HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

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FYZICAL[®]
Therapy & Balance Centers

JUNE, 2022



NEWSLETTER

TAKE YOUR NEXT STEP TOWARDS RECOVERY!

SCHEDULE AN APPOINTMENT FOR
HIP & KNEE PAIN RELIEF



 **CALL NEW ORLEANS: 504-285-9666 OR ST. BERNARD: 504-517-8383 TO SCHEDULE TODAY!**

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)

HOW PHYSICAL THERAPY CAN HELP HIP & KNEE PAIN

(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/>

Call New Orleans: 504-285-9666 or St. Bernard: 504-517-8383 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR YOUR LEG AND HIPS.

KNEELING QUAD STRETCH | BALL

With an exercise ball behind you and stabilized against a wall, kneel on the floor and place the leg you would like to stretch against the ball. Your foot, ankle, and shin should rest against the ball and your knee should rest on the floor, with a pillow underneath if needed. While maintaining straight posture, shift your weight backwards, squeezing your leg against the ball, until you feel a stretch across the top of your thigh. Hold for 20 seconds and repeat on each leg.

 SimpleFit Pro
www.simplefitpro.com



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 OR WWW.FYZICAL.COM/ST-BERNARD-LA
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

6 TIPS TO BECOME A BETTER HIKER



- 1. Just do it!** Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.
- 2. Know your surroundings and use the buddy system.** Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.
- 3. Don't push yourself past your limits.** Challenging yourself is great but when it comes to hiking slow and steady wins the race. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.
- 4. Don't dress to impress.** Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.
- 5. Take a break and take pictures!** Your body (especially your feet) will thank you for taking a second to breathe halfway through your hike. Take pit stops and keep your camera handy to capture the beauty around you while you rest.
- 6. Use your whole body.** Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired especially after a particularly challenging hike.

Source: <https://www.adironack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

BAKED FALAFEL

INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil



DIRECTIONS

Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

HAPPY FATHER'S DAY!

The FYZICAL New Orleans & St. Bernard team wishes all fathers a Happy Father's Day!



PATIENT SUCCESS SPOTLIGHT!



Removed just about all the pain!

"When I came in, I was suffering from nearly constant pain in my left leg from my sciatic nerve. My physical therapist, Sydney did a very good job searching for the ultimate cause which turned out to be my back and spine. It was through her perseverance and patience that determined the right exercises that removed just about all the pain. I am very grateful for this. Sydney was a pleasure to work with." - Ernest F.



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

NEW ORLEANS CLINIC
504-285-9666

ST. BERNARD CLINIC
504-517-8383

www.fyzical.com/new-orleans
www.fyzical.com/st-bernard-la