



## **WALK AWAY FROM PAIN! SOLUTIONS FOR HIP AND KNEE PAIN**

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Fyzical Therapy & Balance Centers, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket). In addition, there is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

# SAY GOODBYE TO KNEE AND HIP PAIN WITH FYZICAL THERAPY!



The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movements. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Fyzical Therapy & Balance Centers as soon as possible. We'll help you get moving freely once again!

[www.fyzical.com/san-marcos-tx](http://www.fyzical.com/san-marcos-tx)

## What causes hip and knee pain?

There are many reasons why you may be experiencing hip or knee pain. However, some of the most common causes include:

**Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This breakdown of cartilage ultimately leads to pain and stiffness in the joints during movement.

**Tears and ruptures.** There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

**Bursitis.** Bursae are liquid sacs found between tissues. They help ease friction from tissues rubbing together; however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

**Strains and Tendonitis.** Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity, causing inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. Keep in mind, as you participate in physically demanding activities and hobbies, if you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

## How physical therapy can help hip and knee pain

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This evaluation will consist of a thorough history to understand more about the training schedule, the demands on the body, and the patient's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.



Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the patient's recovery, stability, or strength.

Physical therapy will provide the foundation for success while reducing future injuries!

### **Contact us to schedule an appointment**

At Fyzical Therapy & Balance Centers, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems discovered and treated early ensure that your joints continue to work at their peak performance.

Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!



# **FYZICAL<sup>®</sup>**

**Therapy & Balance Centers**



## **Get Back To Physical Therapy!**

*Get back to living a pain-free life! Call us at **512.353.4575** (San Marcos) or **512.847.9057** (Wimberley), or visit our website at [www.fyzical.com/san-marcos-tx](http://www.fyzical.com/san-marcos-tx) or [www.fyzical.com/wimberley-tx](http://www.fyzical.com/wimberley-tx)*

# EXERCISE ESSENTIALS

SimpleSet Pro  
www.simpleset.net

## TRY THIS EXERCISE TO EASE KNEE PAIN

### KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



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



## HEALTHY RECIPE

### BROCCOLI-CHEDDAR QUICHE

#### INGREDIENTS

- 1 (9 in) frozen whole-wheat piecrust shell
- 1 (8 oz) package broccoli florets
- 1½ tsp olive oil
- 1 cup chopped sweet onion
- 4 large eggs
- ½ cup evaporated milk
- 3 oz sharp Cheddar cheese, shredded
- ¾ tsp kosher salt
- ¼ tsp black pepper

**INSTRUCTIONS** Preheat oven to 400 degrees F. Let piecrust thaw at room temperature 10 minutes. Place in the preheated oven, and bake until lightly browned, 10 to 15 minutes. Let cool slightly, about 10 minutes. Reduce oven temperature to 375 degrees F. Cook broccoli according to package directions, until tender-crisp, about 3 minutes. Coarsely chop larger pieces. Heat oil in a large skillet over medium-high heat; add onion and cook until light golden, 8 to 10 minutes. Whisk together eggs and evaporated milk in a medium bowl. Stir in broccoli, onion, cheese, salt and black pepper. Pour mixture into prepared pie crust. Bake at 375 degrees F until just set and edges are golden brown, 30 to 35 minutes. Let stand 10 minutes before serving.

Source: <http://www.eatingwell.com/recipe/275920/make-ahead-broccoli-cheddar-quiche/>

*Come back in  
and see us!*



### SAN MARCOS LOCATION

512.353.4575

[www.fyzical.com/san-marcos-tx](http://www.fyzical.com/san-marcos-tx)

### WIMBERLEY LOCATION

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**Did You Know?**

**Black Gold! Texas Tea!**

The first major Texas oil well was struck in Beaumont, Texas, on January 10, 1901, in Spindletop Oil Field, and the rest is Texas history.