

# PHYSICAL THERAPY IS YOUR SOLUTION TO HIP & KNEE PAIN

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## WALK AWAY FROM HIP & 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, 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.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

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 movement. 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 as soon as possible. We'll help you get moving freely once again!

**What causes hip and knee pain?** There are many reasons why you may be experiencing hip or knee pain. 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 can lead to pain or stiffness with 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 that can be found between tissues. They help ease friction from tissues running 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. This causes 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. This is something to 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 will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete'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 athlete'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, 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



that are discovered early ensure that your joints are working 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!**

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**

## HEART HEALTHY HUMMUS



### INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tsp chopped Italian flat-leaf parsley

### DIRECTIONS

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rp-20049675>

## TELL US HOW WE DID!

DO YOU KNOW YOU CAN LEAVE A GOOGLE REVIEW WITHOUT A GOOGLE ACCOUNT?

### INSTRUCTIONS:

1. Follow the link to the Google review page by clicking or scanning a QR code
2. 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
3. If you see the second screen asking you to sign in, click "Create Account"
4. Then click "Use my current email address instead"
5. You will then be directed back to the reviews page where you can submit your review no matter what email you have!

**Not sure how to use a QR code? Don't worry, it's easy!**

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. Tell us how we did!



**Mattoon Office**



**Sullivan Office**

## PATIENT SUCCESS SPOTLIGHT

“I was in pain in my hip and being an athlete that was not a compatible situation. The feeling I have now is no pain and mostly relief where I almost reach my goals in all three of my sports. But with my experience in at Fyzical I have regained my hip movement to it's fullest. So overall my PT story is a happy one.” - **Bernie J.**



## A MOMENT WITH KRUCKEBERG



The move is over! My daughter is now in her new abode. We fortunately, had great weather (short of the soggy ground). Now she just needs to get the bits and pieces that she left until later. The tears were flowing between my wife and her but they are only 5 minutes away so things will level out quickly, I hope.

If you have been by the Sullivan office you have noticed that the front window is out. Sure enough, the month of February brought a crack on this huge window after the first big snow. Unfortunately, it grew and the edges started to shear. This required removal but replacement in some form will be “4-6” weeks due to “COVID” slow down. Aren’t we glad this issue is near the end after 3 years!



The signs of Spring are being more pervasive. Birds are busy singing and the first 60-degree day. Even my wife’s attention was turned to the return of this unusual bug on the window of the door. This bug even did a short ballet for her. She may post it on YouTube. If you have an interesting picture send it our way and we may put it in the next newsletter.

## Exercise To Do At Home

Stretches hips

### BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs. Hold for 30 seconds and repeat as needed.

SimpleSet Pro  
www.simpleset.net



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