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NOVEMBER 2023

NEWSLETTER



HOW HIP AND KNEE PAIN AFFECT YOUR GAIT

- INSIDE:**
- What Is Laser Therapy?
 - Don't Let Your Insurance Go to Waste!
 - Healthy Holiday Recipe

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HOW HIP AND KNEE PAIN AFFECT YOUR GAIT

Have you noticed pain in your hip or knees while walking? Do you find it challenging to go up and down hills? At FYZICAL Travelers Rest, our therapists will give you solutions to your pain and help restore your pain-free walking!

Have you ever thought about how amazing our ability to walk is? A complex system of muscles, nerves, and joints work together in harmony to allow you to be mobile. If you experience hip or knee pain, it could mean that the interconnected parts are failing somewhere in the system.

Hip and knee pain occurs when the joints and/or muscles surrounding those areas are not working correctly. These symptoms can alter your mobility and increase pressure on the area, resulting in pain.

At FYZICAL Travelers Rest, our physical therapists can teach you how to correct your gait and bring you relief before it becomes a significant problem! Call today to make an appointment.

What Causes Hip and Knee Pain?

Hip and knee pain occurs when the joints and muscles surrounding those areas lack their normal function. If the joints and muscles aren't functioning correctly, it will alter your gait. The changes to your gait often cause the area to become inflamed, thus resulting in pain and even a limp.

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is a common complaint and is consistent with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.

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.



HOW HIP AND KNEE PAIN AFFECT YOUR GAIT

Pain on the front of the knee is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs to move up and down. If/when this area becomes inflamed, the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. When this happens, the result is more friction and pain.

Knee pain will often affect our ability to walk up and down stairs or hills. Typically people with knee pain avoid stairs or take one step at a time.

How Physical Therapy Can Improve the Way You Walk

Our physical therapists are experts at assessing the connection between hip and knee pain and abnormal gait patterns. The reduced range of motion in the hip and knee often alters movement and mechanics throughout the lower extremities. Pain and weakness can further reduce the range of motion and change the way you walk.

An abnormal gait pattern affects how the patient uses their muscles which causes more pain leading to further changes to how you walk. These compensations often exacerbate the problem and lead to a downward spiral and increase abnormal loading on the joints and muscles of the hips and knees.

Fortunately, our therapists can help you correct your faulty gait mechanics and simultaneously reduce the abnormal stresses associated with the hip and knee, resulting in reduced pain and symptoms. Your therapist will choose specific exercises and appropriate range of motion, strengthening, and balance exercises that improve your function without aggravating your pain.

What to Expect in Physical Therapy

Our team of physical therapists will evaluate your movements, including your gait, to determine the root of your problem. When relieving hip and knee pain, it is essential to make sure that normal motion is restored.

Using the information gathered in your assessment, your therapists will create a treatment regimen specific to your pain and restore your normal joint mobility, strength, and gait.

We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible!

Schedule an Appointment Today

Call FYZICAL Travelers Rest today to schedule a consultation with one of our physical therapists to help restore your pain-free walking!



Scan to book!

Source: <https://www.jospt.org/doi/full/10.2519/jospt.2015.5540>; <https://www.jospt.org/doi/10.2519/jospt.2017.0301>

HEALTHY HOLIDAY RECIPE



PALEO GLUTEN-FREE STUFFING

- 2 Tbsp olive oil
 - 1 small butternut squash
 - 2 cups Brussels sprouts
 - 2 cloves garlic
 - 1 medium yellow onion
 - 3 celery stalks
 - 1 red pepper
 - 1 apple
 - 2 Tbsp finely chopped fresh rosemary (or 2 tsp dried)
 - 2 Tbsp finely chopped fresh sage
 - Salt & pepper to taste
- Turkey Sausage**
- 1 lb Ground chicken or turkey
 - 1 Tbsp fennel seeds
 - 1 tsp paprika
 - 1 tsp onion powder
 - 1/2 tsp each salt and pepper

Preheat oven to 450°F. Mix sausage ingredients in a bowl. Line a baking sheet with parchment paper and add butternut squash and brussels sprouts. Drizzle with olive oil and season with salt and pepper. Roast in the oven for 20 minutes, flipping halfway through. Heat 1 Tbsp olive oil in a skillet over med-high heat. Add turkey sausage, cooking 5-7 minutes until just browned. Remove turkey from skillet and add onions, celery, red pepper and apple, then drizzle with a tiny bit of olive oil and season with salt and pepper. Saute for 7-8 minutes until veggies soften. Add turkey sausage back to skillet with other veggies. Add cooked squash, Brussels sprouts, rosemary, and sage and saute 2-3 minutes, stirring well.

thegirlonbloom.com/thanksgiving-paleo-gluten-free-stuffing



Treatment Spotlight DEEP TISSUE LASER THERAPY



Deep Tissue Laser Therapy is clinically proven to reduce pain and restore mobility. Deep Tissue Laser Therapy stimulates cellular metabolism, which speeds up the healing process. Laser Therapy is clinically proven as an effective treatment for pain and inflammation. It is able to penetrate to deep tissue structures and has the ability to treat a wide variety of both acute and chronic conditions. Research has shown unique benefits to Deep Tissue Laser Therapy, including improving localized blood circulation, reducing inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times!

What Does Deep Tissues Lightforce Laser Therapy Help With?

- PAIN AND INFLAMMATION!
- Strains and Sprains
- Post-Operative
- Sciatica
- Arthritis
- Soft tissue swelling
- Carpal Tunnel Syndrome
- Wound healing
- Fibromyalgia
- And much more!

Alternative to Drugs and Surgery — Non-Opioid Pain Relief!

The non-invasive nature of Deep Tissue Laser Therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

What to Expect

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Results can be immediate or could take multiple sessions depending on what you are having treated. Treatments are painless and fast, only about 5-10 minutes!

Patient Success Spotlight

"I have had outstanding results working with Tony and Hannah at Russell Therapy. I had two separate issues and they resolved them both. They pay 100% attention to you and your work the whole time of your appointment. **Their anatomy knowledge is superior and they have an interest in really explaining and teaching you the 'why' behind what you are doing or experiencing.** Susan is also so easy and pleasant to work with when making appointments. Everyone goes the extra mile here." — Kim K.



DON'T LET YOUR 2023 INSURANCE BENEFITS GO TO WASTE!

If you've already met your deductible this year or have funds left in your HSA account, your physical therapy costs could be **FREE!** Don't let these valuable benefits go unused!



ELLIE'S EDITORIAL

Happy holiday season everyone! I hope you all have some fun plans ahead of you with family and friends! I sure do and want to make sure you're all living your happiest & healthiest life possible especially during this time! I wanted to remind you not to let any of your insurance go to waste if you're in need of physical therapy! Our therapists are here to create a personalized treatment plan just for you and I'm here to cheer you on the whole way! Give my people a call if you think you might be in need of some PT this holiday season! — Ellie



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