



HEALTH & WELLNESS NEWSLETTER

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How Physical Therapy Helps **HIP & KNEE PAIN**

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 Ellis Physical Therapy, 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 depends 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 Ellis Physical Therapy, 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!

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

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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.

Effective Solutions for Your Knees & Hips

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, and 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 of 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 Ellis Physical Therapy 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/>



1. Make a Plan and Stick to It.

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.

2. Don't Push Yourself Past Your Limits.

Challenging yourself is great, but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. 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.

3. Use Your Whole Body.

Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! 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.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

PATIENT SUCCESS STORY



“Staying healthy, happy, and maintaining your active lifestyle takes proactive care. Jay has never failed me! Recently I had a knee injury that the ortho doctor said was just age and there wasn’t much that could be done. I met with Jay and he identified the issue and how to fix it, and gave me an excellent plan to address the pain. I hiked 10 miles today with no pain!! I highly recommend him.”

— Tammie B.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review.

We look forward to hearing from you!



★ REVIEWS



CELEBRATE SPRING!

SPRING ASPARAGUS RISOTTO

- 2/3 cup 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

ELLIS PHYSICAL



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Office Hours:

Mon. & Wed: 7 AM – 7 PM
Tues. & Thurs: 8 AM – 6 PM
Fri: 7 AM – 6 PM
Closed: Sat – Sun

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