NEWSLETTER

Beyond Physical Therapy

2022



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TO PAIN FREE KNEES & HIPS

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Beyond Physical Therapy

NEWSLETTER
APRIL 2022
The Newsletter About Your Health & Caring for Your Body



SAY "HELLO AGAIN" TO PAIN FREE KNEES & HIPS

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Beyond Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries
- In rare or more severe cases, the causes can be:
- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your back pain

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Continued From Outside

people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach your strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources

https://pubmed.ncbi.nlm.nih.gov/33560326/

https://pubmed.ncbi.nlm.nih.gov/30126395/

https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain

https://pubmed.ncbi.nlm.nih.gov/25591130/

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HEART HEALTHY HUMMUS

- 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 tbsp chopped Italian flat-leaf parsley

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.

PATIENT SUCCESS STORY

"The staff is amazing!!!! I recommend this place to everyone."

"I am very happy with the care that I receive at this facility. I feel very comfortable and see a huge difference in my health in just a matter of weeks. From the moment that I walk through the door, til the end of my therapy, it's always a great experience. The staff is amazing!!!! I recommend this place to everyone." **-L.M.**

EXERCISE ESSENTIALS

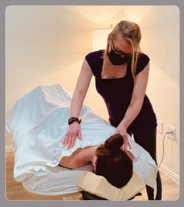
STRAIGHT LEG RAISE

While lying or sitting, slowly raise your leg, keeping your knee straight and your toes pointed outward. Hold for 2 seconds, then slowly lower your leg to the starting position. Repeat 6-10 times with each leg

Always consult with your physical therapist before performing an exercise in order to relieve pain.



Now Offering Massage Therapy Appointments



Teagan Lamkin, PTA, LMT, CLT joined our office last spring. She knew from early on she wished to serve others through partnering in their healing and wellness through teaching and non-invasive means. After becoming a massage therapist in 2011, she worked in clinical and medical spa settings alongside chiropractors, doctors, and physical therapists. She has received continuing education in various modalities including orthopedic, sports, reflexology, prenatal, aromatherapy, and myofascial release. In addition, since becoming a PTA, she has received certification as a Lymphedema therapist (CLT). She enjoys learning from her clients their specific concerns and tailoring massage specific to their needs. We are excited to announce that she will now be offering massage here at Beyond Therapy and Wellness Physical Therapy! **Schedule an appointment for massage by calling 817.786.8058 or in person at our office.** Services are 45 or 90 minutes. Please arrive at least 10 minutes prior to your appointment time to complete intake forms and a pre-session interview.

3 NATURAL SOLUTIONS TO BEAT SPRING ALLERGIES WITHOUT MEDS!



1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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