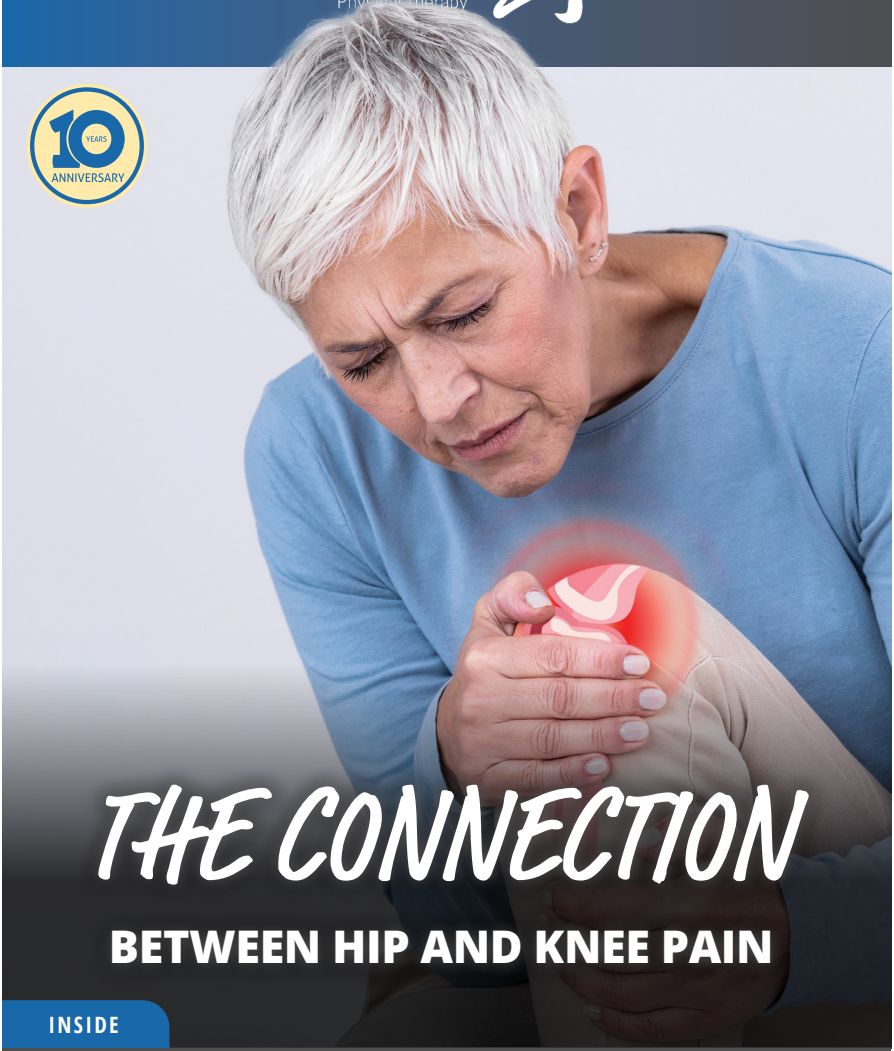
NEWSLETTER

Beyond Physical Therapy

APRIL 2024

10 YEARS ANNIVERSARY



THE CONNECTION

BETWEEN HIP AND KNEE PAIN

INSIDE

Hip-Strengthening Exercises For Knee Pain

Exercise Essentials

Healthy Recipe

1.817.769.3691 | BEYONDTHERAPYANDWELLNESS.COM

Beyond Physical Therapy

NEWSLETTER
APRIL 2024
The Newsletter About Your Health & Caring for Your Body



Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Beyond Therapy and Wellness, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our therapists can help you figure out the source of your pain and, more importantly, guide you back to health.

To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!

YOUR GUIDE TO RECOGNIZING THE SIGNS AND SYMPTOMS OF HIP AND KNEE PAIN

At Beyond Therapy and Wellness, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

Classic Indicators of Knee Pain

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.
- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

1.817.769.3691

Continued From Outside

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in diagnosing and treating pain effectively. This is where the expertise of our physical therapists can help!

NAVIGATING THE PATH TO RECOVERY WITH BEYOND THERAPY AND WELLNESS

At Beyond Therapy and Wellness, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

- **Tailored Therapeutic Exercises:** Our therapists will provide you with stretching and strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.
- **Neuromuscular Re-education:** This involves using exercises and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

FOLLOW THESE SIMPLE STEPS TO A PAIN-FREE LIFE

Are you ready to embrace a lifestyle that promises better mobility and less pain? At Beyond Therapy and Wellness, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

Call today to schedule an appointment!



At Beyond Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

1.817.769.3691

CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Spring Vegetable Tart

INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved lengthwise
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthwise with a mandoline
- 1 1/2 c goat cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

INSTRUCTIONS:

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 1" to create a large single sheet. Fold and pinch all four sides to make a 1" border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with paper towel. Scatter vegetables over tart and crumble goat cheese on top. Drizzle with oil and vinegar glaze. Sprinkle with mixed herbs.

HIP-STRENGTHENING EXERCISES FOR KNEE PAIN

SEEKING GUIDANCE AT BEYOND THERAPY AND WELLNESS

At Beyond Therapy and Wellness, we'll guide you through the exercises that ensure you reap the maximum benefits while maintaining safety and efficiency. Our approach is always holistic, emphasizing the role of the hips as crucial players in alleviating knee pain and facilitating overall health and well-being.

Here are some highly effective hip-strengthening exercises that have been shown to lessen knee pain:

- **Hip Bridges:** The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.
- **Clamshells:** The exercises are effective in strengthening the hip abductor muscles. By lying on your side and opening and closing your legs like a clamshell, you work on the muscles that are essential in maintaining knee alignment.
- **Side-Lying Hip Abductions:** This exercise is a powerhouse in bolstering the hip muscles, primarily targeting the gluteus medius. This vital muscle aids in stabilizing the hips and knees. Engaging in this exercise can be a game-changer in alleviating knee pain.
- **Quadruped Hip Extensions:** Another fantastic exercise that strengthens the hip muscles and promotes a stable core, creating a well-balanced support system for your knees.

These hip-strengthening exercises can provide stability and support to the knee, potentially reducing the strain and consequent pain.

TAKING THE NEXT STEP

Remember, the journey to wellness is an ongoing process, and we are here to walk with you every step of the way. Ready to take a step towards a brighter, pain-free future? Call Beyond Therapy and Wellness today to get started!

Share Your Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



EXERCISE ESSENTIALS

FIGURE 4 STRETCH

Improves Hip Flexibility

Lie on your back with knees bent, feet flat and in line with your hips. Bring either ankle to the opposite knee forming a figure four (i.e. cross your legs). Reach through your bent knee and grasp the back of the leg still on the ground and pull it towards your chest. You should feel the stretch in your buttocks. Keep your head and neck relaxed and hold the position. Repeat for both sides.



PT WIRED www.ptwired.com *Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

Beyond Physical Therapy

DON'T WAIT ANY LONGER!

1.817.769.3691

CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY