



NATIONAL

Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A VITAMIN-
PACKED SMOOTHIE RECIPE



Hit Your Stride!

INSIDE:

- KEEP YOUR BODY IN MOTION WITH NATIONAL PT!
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- HEALTHY RECIPE

**SOLUTIONS FOR HIP
AND KNEE PAIN**

WWW.NATIONALPHYSICALTHERAPY.COM



Hit Your Stride!

SOLUTIONS FOR HIP AND 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 National Physical Therapy, 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 National Physical Therapy 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!

Are you suffering from a sports injury? Call us today!

KEEP YOUR BODY IN MOTION WITH NATIONAL PT!

• **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.

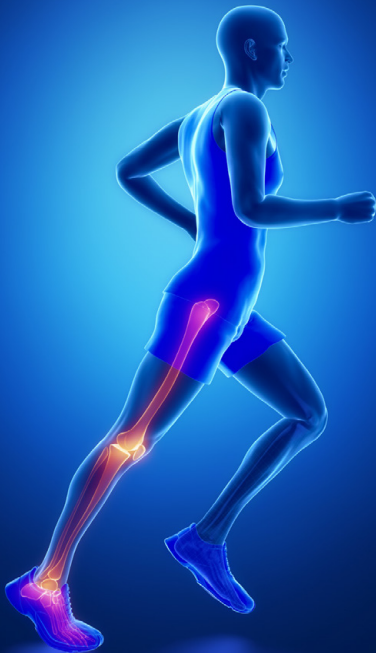
How Physical Therapy Can Help Hip And Knee Pain

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



Try This Healthy Recipe

Immunity-Boosting Vitamin Burst Smoothie

INGREDIENTS:

- 1 cup fresh orange juice
- 1/2 cup milk (coconut, almond, or substitute plain or vanilla yogurt)
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger (or more to taste)
- Optional: 1-2 tsp raw honey; a handful of fresh baby spinach; 1-2 tbsp almond butter

INSTRUCTIONS: Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.



SUCCESS STORIES

"National Physical Therapy is an excellent place. I was very weak and could not walk right when I first started there. I have come a long way. I don't know what I would do without them. I would like to say a special thanks to John and Jen. Although everyone there is so nice and helpful. What a great team." – J. M.

TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review! Thank you for your support!



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 National Physical Therapy, 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!



Scan to book your appointment!

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/>

CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

Holbrook 781-549-9574 **Fall River** 508-928-5368 **Hanover** 781-412-1471

Brockton 508-928-5117 **Stoughton** 781-412-1594 **Mansfield** 781-412-1280



SCAN ME

MONTHLY EXERCISE

Seated Hamstring Stretch

1 Set | 2 Reps | 30 Seconds Hold

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg.



PT WIRED
www.ptwired.com

HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.



Choose PT. Choose National Physical Therapy.