

NEWSLETTER

November 2020



GET BACK TO WALKING PAIN-FREE

HANDS ON PHYSICAL THERAPY IS HERE TO HELP

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Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight.

They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes 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.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- **Arthritis**
- **Dislocation**
- **Hip fracture**
- **Sprains and strains**
- **Tendonitis**
- **Pinched nerves**
- **Osteoporosis**
- **Cancer**



While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**



HIP, KNEE AND LEG PAIN

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What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. 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 Can Help

In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physical therapist immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and 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. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.



HEALTHY RECIPE: GLUTEN-FREE PUMPKIN COOKIES

INGREDIENTS

- 1 ripe banana, mashed
- 1/2 cup pumpkin puree
- 2 large eggs
- 1/2 cup peanut butter
- 3 tsp coconut oil, melted
- 2 tsp vanilla extract

DIRECTIONS

Preheat oven to 350°F. Grease or line a baking sheet with parchment paper or a silicone baking mat. Set aside. In a mixing bowl, stir together mashed banana, pumpkin, eggs, peanut butter, coconut oil, vanilla and maple syrup until well combined. Add in oats, oat flour, almond meal, baking powder, baking soda, salt, Vietnamese cinnamon,

- 3 tbsp maple syrup
- 1 1/2 cups gluten-free rolled oats
- 1/2 cup oat flour, ground
- 1/2 cup almond meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt

- 2 tsp Vietnamese Cinnamon (5% Oil)
- 1/4 tsp Frontier allspice
- 1/4 cup mini chocolate chips
- 1/2 cup dried cranberries and cherries

allspice, chocolate chips and dried fruit; stir to combine. Refrigerate for 5 minutes to harden. Drop cookies by spoonfuls on prepared baking sheet. They won't expand much, so feel free to press them down slightly, and make them as uniform as possible to ensure even baking. Bake for about 12 minutes until lightly browned.

PATIENT SUCCESS SPOTLIGHT



“We would recommend HOPT to any athlete.”

“My son had an amazing experience with HOPT! The therapist he worked with helped him increase his agility, speed and strength in his legs and ankles. My son initially was experiencing knee pain and was diagnosed and treated for tendinitis. The PT who handled his therapy worked with him in the office and gave him exercises outside of the office to help relieve his pain and strengthen his body. We would recommend HOPT to any athlete who wants to better his/her performance.”- **Anna L.**

SERVICE SPOTLIGHT!



**Find Fast Pain Relief With Electrical Stimulation
Did You Know Electrical Stimulation Therapy Could
Help Relieve Your Pain?**

One of the biggest reasons electrical stimulation is prescribed is for pain management.

This modality can trigger an innate and completely natural analgesic effect by stimulating specific sensory nerve fibers (including A-beta, A-delta, and C fibers), which both decrease the sensation of pain and release neurotransmitters that prolong the pain-relieving effects. Electrical stimulation is also safe to use on every area of the body – even the anterior neck, eyes, or over areas with damaged skin or decreased sensation.

What can I expect from an electrical stimulation session?

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EXERCISE OF THE MONTH

Increases core stability and prevents hip pain

Strengthens Hip



HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



**THIS EXERCISE IS DESIGNED FOR PAIN PREVENTION
CALL YOUR THERAPIST IF YOU ARE EXPERIENCING ANY PAIN!**

COUPON CORNER!

FREE PAIN CONSULTATION

**HO Hands On
PT Physical Therapy**

**WE OFFER 3 CONVENIENT
LOCATIONS**

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
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Call to schedule. Expires 11/30/2020