

NEWSLETTER

NOVEMBER 2021



KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Find Relief with PT!

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CORN SMOOTHIE

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**Find Relief
with PT!**

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Hands On Physical Therapy today for relief!

CORRECTING YOUR KNEE AND HIP PAINS WITH PT TREATMENTS

At Hands On Physical Therapy, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

Continued inside.

www.hopt-wellness.com

**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**



KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Find Relief with PT

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

CONTACT US TODAY

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Hands On Physical Therapy, we help provide treatment for patients through movement and physical manipulation.

If you are suffering from knee and/or hip pain, don't hesitate to contact Hands On Physical Therapy to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!

Put your back pain behind you and get back to living your life comfortably by calling us today!

Continued from outside.

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

HEALTHY RECIPE

CANDY CORN SMOOTHIE

INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks



INSTRUCTIONS:

Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

EXERCISE OF THE MONTH

This exercise helps stretch your back.

HAMSTRING STRETCH – WALL

Lie on the floor near a doorway. With one leg straight on the ground through the doorway, place the other leg against the wall, bending at the knee. Slowly straighten the leg against the wall while keeping your hips on the floor. Stretch your leg against the wall for about 15 to 30 seconds. Repeat 2 to 3 times for each leg.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

www.hopt-wellness.com

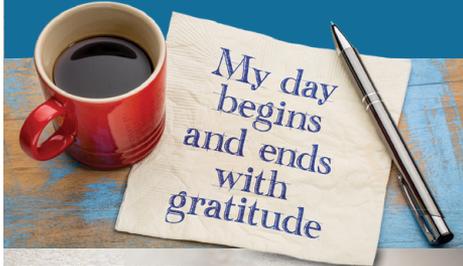


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BEING GRATEFUL IS GOOD FOR YOU



GRATITUDE AND HEALTH

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

GRATITUDE AND JOY

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee – did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

GRATITUDE AND RESILIENCE

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making – all aspects that help facilitate survival and post-traumatic growth.

At Hands On Physical Therapy we are grateful every day for you and the trust you put in us to help you improve your health and give you the opportunity to enjoy life free of pain.

Thank You

PATIENT SUCCESS SPOTLIGHT



"I had a disc herniation and hamstring pain for 7 months (cross fit injury) and after trying other physical therapy places in area I came to Hands On Physical Therapy. Part of the reason I sought them out was that I felt with other bigger practices you were only given a short time with PT and they were often rushed to really understand your concerns. My PT was Chaitali Patel and she has honestly been one of the best physical therapists I have worked with. She took time to understand my concerns and also helped remove my fear of the injury by educating me about body & tissue mechanics.

I have done dry needling at other places and they couldn't fully resolve my hamstring pain. However, Chaitali went a different route and pointed that I need to strengthen the hamstring and not just stretch it. My pain for the hamstring resolved fully and I was able to go places in the morning which I was not able to do for 7 months. She takes time to listen to all your questions and answer each one fully. She also tries to help you understand the holistic approach by educating you with videos or via books. That's hard to find in today's healthcare field (showed me she cared about educating me so that I can not only get rid of my pain but also educate me from body and mind perspective) where they normally rush the appointment so they can keep up with the schedule. I highly recommend Dr. Patel as she's a caring individual who wants to see you get back to your normal activities." - **Abe M.**

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER **3** CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 11/28/2021