

NEWSLETTER

Discover

KNEE AND HIP PAIN RELIEF

*With Physical
Therapy*

INSIDE:

- EATING HABITS AND HOW IT AFFECTS YOUR JOINTS
- HEALTHY RECIPE
- EXERCISE OF THE MONTH



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NEWSLETTER

INSIDE:
**EXERCISE OF THE
MONTH**

STRIDE
STRETCH



Discover
**KNEE AND HIP
PAIN RELIEF**
With Physical Therapy

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Hands On Physical Therapy today to make an appointment. With guidance from our physical therapists, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison,

hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Previous knee injury
- Being overweight/obesity

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Hands On Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Hands On Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Continued inside.

Cary 919-851-0711
Fuquay-Varina 919-557-2111
Zebulon 919-269-0107

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**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**

DISCOVER KNEE AND HIP PAIN RELIEF WITH PHYSICAL THERAPY

Continued from previous page.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education – Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice To Stay Active – Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise Therapy – A physical therapist will tailor your exercises, monitor you, and help you to achieve progress based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Balance and coordination exercises
- Proper stretching exercises
- Gait training
- Strength exercises

When your hips and knees are in pain, it can sometimes cause you to change the way you are moving, altering the flow of your gait, which is the way you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CONTACT OUR CLINIC TODAY

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Hands On Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.



HO Hands On
PT Physical Therapy

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GRILLED PEACHES

INGREDIENTS

- 1/2 cup ricotta
- 4 medium ripe peaches, halved, pit removed
- 1/2 cup California walnuts
- 1/4 cup honey
- 1 teaspoon vegetable oil
- 4 fresh mint sprigs

INSTRUCTIONS

Preheat oven to 350°F. Place walnuts (for marinade and salsa) on a baking sheet. Toast walnuts for 5 minutes. Remove from oven. Roughly chop when cool. Preheat grill to medium high heat. Clean and lightly oil your grill. Brush each peach half with oil (or spray with cooking spray) on both sides. Grill peaches cut down for 4-5 minutes until grill marks form. Flip with tongs and grill another 1-2 minutes until peaches are slightly tender. Remove peaches from grill and place on a large plate. To serve, place two peach halves on a plate or in a small bowl. Top each half with ricotta and chopped toasted walnuts. Drizzle with honey and garnish with mint. Serve warm.

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EXERCISE OF THE MONTH

This exercise helps relieve hip pain.

STRIDE STRETCH

Start by standing in front of a chair. Place one foot firmly up on the chair and step your other leg back so that it is straight. Place your hands on your hips and shift your weight forward, tucking your pelvis and squeezing your butt. Shift until you feel a stretch in your hip on the side of the back leg. Hold for 30 seconds and repeat with opposite leg.



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

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EATING HABITS AND HOW IT AFFECTS YOUR JOINTS



Relieving arthritis or joint pain may be easier than you think! The solution may be as simple as paying attention to what you are eating in order to avoid inflammatory foods that often lead to pain.

WHAT INFLAMMATORY FOODS LEAD TO PAIN?

Eating highly processed foods (such as pasta, bread and crackers – especially those containing gluten) creates inflammation in the body. This inflammation then leads to the actual physical pain that you may feel in your knees and joints since the joints are particularly vulnerable to inflammation.

Foods with gluten, trans fats – found in snack foods like chips and pastries – and high sugar – that handful of M&M's from your coworker's desk – all cause inflammation. For many people, dairy products are also inflammatory. Eating these types of foods over a long period of time means more and more inflammation throughout the body and ultimately more pain.

While changing your food sounds simple, many need more guidance and support, which is why a nutrition consultation is often helpful. However, you can take our tips above and start alleviating your pain today!

Staying active is also important to maintaining healthy joints. At Hands On Physical Therapy we can help develop a fitness plan to keep you feeling stronger, better, and more active. Call today to get started.

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**

COME BACK TO PT!

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

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PATIENT SUCCESS SPOTLIGHT



"I had a left knee replacement and the staff at the Zebulon location, led by Jennifer, worked their magic and had me at my goal faster than when I had my right knee done. A very caring team as they looked after my needs along with the need of others. I highly recommend the Zebulon location for your physical therapy needs and for a better quality of life. Jennifer kept me informed about what she was doing and why. She always ask if I had any questions and when I did she offered sound advice based on her experience. Thank you Jennifer for caring." —Greg R.

You too can get results like this. Contact Hands-On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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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 8/30/2023