



EFFECTIVE KNEE & HIP PAIN RELIEF

EFFECTIVE KNEE & HIP PAIN RELIEF



Mark Twain once said that growing old is an issue of “mind over matter;” but if you struggle with knee or hip pain, then you know that this isn’t true at all. Knee and hip pain can really take the spring out of your step, causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step. There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident.

Don’t Wait Until It Is Too Late!

When an injury develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist soon after an injury develops can help 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.

When you are dealing with a knee or hip injury, every step requires more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office.

What Can Physical Therapy Do to Help You?

Physical therapy is not a one-stop cure-all for pain management. This is a long-term solution to pain and suffering through the use of targeted exercises and stretching techniques that are designed to strengthen the targeted areas and help the body recover and heal. By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to increase flexibility, motion, strength, and even improve coordination.

Do You Need Physical Therapy?

Are you moving as you should be? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking, or running, you need your hips and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait, which is the way that you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

WILL PHYSICAL THERAPY HELP ME?

If you've experienced any hip or knee pain and are considering whether physical therapy is a good choice for your health needs, consider the following:

- From a standing position, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physical therapy could be helpful.
- In a sitting position, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physical therapy.
- From a standing position, with your feet planted flat on the floor, can you push your body into a squatting position? You should be able to squat all the way down so that your buttocks are almost touching your heels. If you aren't able to do this, then physical therapy may be helpful in improving your range of motion.
- Standing near a wall or countertop, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physical therapy may be able to improve balance and coordination.



The goal of any physical therapy program is to restore range of motion and improve flexibility and strength while reducing the general experience of pain. Unfortunately, hip and knee injuries often tend to linger. Every movement relies so heavily on the hips and knees that it makes it difficult to allow these joints to actually rest following an injury. Physical therapy provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. For more information, contact your physical therapist to learn more about options that will suit your health needs.

EXERCISE ESSENTIALS

Try this movement to help with hip pain.

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. Repeat 10 times on each leg.



Shift hips to raise free foot high




Drop your free foot

elliott

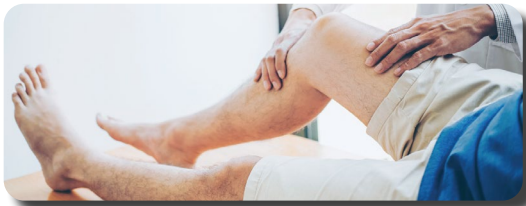
PHYSICAL THERAPY

YOU CAN BE FREE OF YOUR BACK PAIN!
CALL TODAY OR VISIT US AT
WWW.ELLIOTTPHYSICALTHERAPY.COM

Exercises copyright of

 SimpleSet Pro

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



HAVE YOU MET YOUR 2020 DEDUCTIBLE?

YOU MAY QUALIFY FOR FREE PHYSICAL THERAPY FROM PEOPLE YOU TRUST

Have you met your 2020 deductible? If you have met your insurance deductible this year, or have money in your HSA account, it would cost you little or nothing for us to treat those aches and pains. Or, if you want to work on your core strength before we head into 2021, the Elliott PT team can help! Your insurance plan may cover it completely.

YOU CAN TAKE ADVANTAGE OF YOUR BENEFITS! CALL TODAY OR VISIT US AT WWW.ELLIOTTPHYSICALTHERAPY.COM



UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH CONSULTATION

Schedule your FREE telehealth consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life



TRY THIS RECIPE! ROASTED CHICKEN WITH LEMONS & POTATOES

INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes
- 2 tbsp extra-virgin olive oil
- Salt & pepper
- 4 lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish

DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

elliott
PHYSICAL THERAPY

Call us or visit
www.elliottphysicaltherapy.com