

HOW PHYSICAL THERAPY HELPS **HIP & KNEE PAIN**

Check out our [newly updated website](#) to learn more about how Elliott PT can provide you with exceptional care!

www.elliottphysicaltherapy.com



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TURMERIC CARROT SOUP

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INSURANCE BENEFITS!



HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Elliott Physical Therapy, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Elliott Physical Therapy, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the Source of Your Hip and Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles

aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

Effective Solutions for Your Knees & Hips

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating

pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What to Expect in Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

Contact Us Today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Elliott Physical Therapy to schedule an appointment. We offer the results you are looking for!

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/>

FEEL BETTER BY EATING BETTER!

ANTI-INFLAMMATORY GINGER & TURMERIC CARROT SOUP

- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 cup chopped fennel bulb (1 small head)
- 3 cups chopped carrots
- 1 cup chopped butternut squash (or more carrots)
- 2 garlic cloves, minced
- 1 tablespoon grated ginger (about a 2-inch piece)
- 1 tablespoon turmeric powder
- Salt & pepper to taste
- 3 cups low-sodium vegetable broth
- 1 can lite coconut milk (14.5 ounces)

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes.

Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

Serve immediately with a dollop of coconut yogurt and enjoy!

<https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>



This delicious ginger and turmeric carrot soup is as comforting as it is healing. Packed with strong flavors like garlic, fennel, and ginger, and full of anti-inflammatory ingredients, this is the perfect winter soup.

SPOTLIGHT OF THE MONTH: OUR BEHIND THE SCENE TEAM

You don't often get to see these wonderful individuals, but we want to make sure you know Elliott Physical Therapy wouldn't be the same without them! We also have about a dozen more team members that work remotely, keeping things running smoothly behind the scenes.



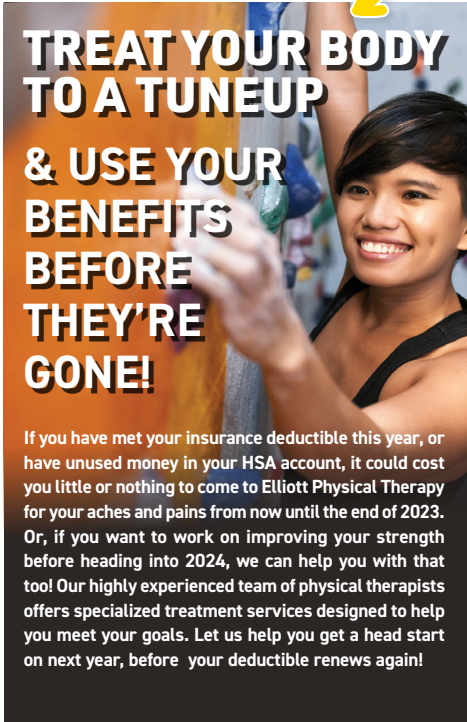
Danielle Jean-Baptiste

Insurance Verification and Authorization Manager

Danielle Jean-Baptiste is the Insurance Verification and Authorization Coordinator for all of the Elliott Physical Therapy offices. Danielle is passionate about educating

patients on their insurance benefits and helping them to understand everything they need to get the most out of their benefit. Danielle studied Psychology at Clark University in Worcester, MA and graduated with her Bachelor's degree in 2010. She has more than 15 years of experience working in physical therapy administration and looks forward to using her experience to better help you on your physical therapy journey! When not working at Elliott Physical Therapy, Danielle is an active member of her church and an avid baker.

Call today to speak with our front desk team and Danielle can confirm your end-of-year insurance benefits!



TREAT YOUR BODY TO A TUNEUP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to Elliott Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!



Ashley McDonald

Assistant HR Director & Authorization Specialist

Ashley McDonald is the Authorization Specialist at Corporate! Ashley grew up in Easton and is a graduate of Oliver Ames High School. From there she went on to study at the University of Massachusetts Amherst where she graduated with a Bachelor's degree in Communication Sciences and Disorders.

In July of 2018, she completed her Master's degree in Healthcare Administration from Southern New Hampshire University. Ashley has previous work experience locally at BAMS! Early Intervention in Brockton and at Brigham and Women's Hospital in Boston. In addition to community outreach, often organizing food drives and health screens, Ashley enjoys answering patient questions and watching them achieve their goals.

In her free time, Ashley enjoys reading, watching the Patriots, and spending time with her puppy, Moose. During the weekends she frequently travels to Maine and the Cape with family and friends.



Mary Lane

Finance Assistant

Mary Lane is a Finance Assistant working remotely on the Corporate team. You may recognize her as she was previously a Care Coordinator working at our North Attleboro location.

Mary received her Bachelor of Science degree from the University of Delaware. Most recently, Mary's background has been in Office Administration, Customer Service and Logistics in the medical device manufacturing field. She is the parent of two busy college students—a daughter double majoring in Dance Performance and Public Relations at East Carolina University, and a son studying Mechanical Engineering at UMass Amherst.

In her spare time, you will find Mary enjoying her family, at the gym or snuggling with her two mini dachshunds. She enjoys travel and reading.

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