

MALVERN


PHYSICAL THERAPY

N E W S L E T T E R

KICK YOUR KNEE AND HIP PAINS TO THE CURB!

INSIDE:

- Kick Your Knee And Hip Pains To The Curb!
- How Do You Know If You Are Moving Correctly?
- Coupon Corner!
- Staff Spotlight

A man and a woman are riding bicycles on a paved path outdoors. The woman is on the left, wearing a blue and white striped shirt and blue jeans. The man is on the right, wearing a light blue long-sleeved shirt and dark blue pants. They are both smiling and appear to be enjoying their ride. The background shows a lush green landscape with trees and a clear sky.

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.

(continued inside)



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- Staff Spotlight
- Exercise Essentials

(continued from outside)

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.

Correcting your knee and hip pains with PT treatments:

At Malvern 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 of 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.

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 Malvern Physical Therapy today for relief!



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HOW DO YOU KNOW IF YOU ARE 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:

- 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 countertop, 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 Malvern 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 Malvern 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!

MAC AND CHEESE PRIMAVERA

INGREDIENTS

- 1 pound medium pasta shells
- 2 tablespoons salted butter
- 2 tablespoons olive oil
- 1 cup small broccoli florets
- 2 scallions, sliced, whites and green parts separated
- 2 cloves garlic, minced
- 1 bunch asparagus, cut into 2-inch pieces
- 1 small red bell pepper, diced
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 cup dry white wine
- 2 cups whole milk
- 1/2 cup heavy cream
- 1 cup frozen peas
- 1 cup shredded fontina cheese
- 1 cup shredded white Cheddar
- 2 teaspoons cornstarch



INSTRUCTIONS

Cook the pasta according to the package instructions. Drain and set aside. Heat the butter and olive oil in a large pot over medium-high heat. Add the broccoli, scallion whites, garlic, asparagus and bell pepper. Season with the salt and pepper and cook, stirring, for 3 minutes. Splash in the wine and allow it to reduce for 1 minute. Add the milk and cream and continue to cook until warmed through. Stir in the peas. Toss together the fontina, Cheddar and cornstarch in a bowl. While stirring the sauce, sprinkle in the cheese mixture. Stir until the cheese is completely melted. Bring to a simmer and allow the sauce to thicken, about 1 minute. Add the pasta and stir until well combined. Taste and adjust the seasoning to taste. Garnish with the reserved scallion greens.

EXERCISE ESSENTIALS

Helps To Strengthen Your Hips



STANDING HIP ABDUCTION

Lift one leg out to the side using your side-buttox muscles. Return to the start position. with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.



Patient Success Spotlight



“I would use her services again in a heartbeat! Thank you so much Gwyn!”

“10 stars! Gwyn was amazing, caring, compassionate, and very knowledgeable with my therapy. I would use her services again in a heartbeat! Thank you so much Gwyn!”

Staff Spotlight



Gwyn Foster

*Physical Therapist,
Malvern Physical Therapy*

Gwyn is originally from Burnsville, MS where her family still lives. She is currently a resident of Little Rock. Gwyn attended the University of North Alabama receiving her BS in Health, Physical Education and Recreation, she also attended UCA receiving her Doctorate of Physical Therapy. In her spare

time she enjoys volunteering for KLIFE, going on adventures, games nights with friends, hiking, and reading. One thing she would love to do one day is visit all 30 MLB stadiums. Gwyn joined our team in August of 2020.

When asked what her favorite part of the job is she says:

“Helping patients regain function, while working in a fun and community-oriented clinic” - Gwyn

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FUN & GAMES

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CALL TODAY!

COUPON CORNER!

**FREE 15-MINUTE
IN-CLINIC OR
TELEHEALTH
APPOINTMENT!**

VISIT OUR WEBSITE!

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