

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



**SOLUTIONS FOR
HIP & KNEE PAIN**



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N E W S L E T T E R

SOLUTIONS FOR HIP & KNEE PAIN

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Malvern Physical Therapy, our therapists can teach you how to find relief and get back to doing what you love! Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Malvern Physical Therapy as soon as possible. We'll help you get moving freely once again!

WHAT CAUSES HIP AND KNEE PAIN?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

Arthritis. Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.

Tears and ruptures. There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

Bursitis. Bursae are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

Strains and Tendonitis. Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive this summer and get ready for summer fun.

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HOW PHYSICAL THERAPY CAN HELP HIP & KNEE PAIN

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain. This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome. Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength. Physical therapy will provide the foundation for success while reducing future injuries!

CONTACT US TO SCHEDULE AN APPOINTMENT

At Malvern Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!

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/>

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TERIYAKI CHICKEN & PINEAPPLE SKEWERS

INSTRUCTIONS:

- 1/3 c water
- 1/2 c soy sauce
- 3 tbsps brown sugar
- 1 tbsp cornstarch
- 1 tbsp dark soy sauce
- 1 tbsp garlic powder
- 1/2 tbsp black vinegar

- 1/2 tsp salt
- 3 chicken breasts, boneless and skinless, cut into 1.5-in thick cubes
- 1/2 red bell pepper, cut into 1-in pieces
- 1/2 yellow bell pepper, cut into 1-in pieces

- 1/2 green bell pepper, cut into 1-in pieces
- 1 red onion, cut into 1-in pieces
- 2 c pineapple, cut into 1-in pieces
- 2 tbsps olive oil
- 1 tsp white sesame seeds

INSTRUCTIONS: In a small pot, add the teriyaki marinade ingredients (water, soy sauce, brown sugar, cornstarch, dark soy sauce, garlic powder, vinegar, and salt). Stir well to combine. Cook over medium heat for 4-5 min until the mixture boils and starts to thicken. Transfer the sauce into a bowl and set aside for at least 1 hr to cool off completely. Set aside 1/3 c of the teriyaki sauce. Marinate the chicken. Cut out chicken breasts into 1.5-in thick cubes and add them into the teriyaki marinade. Stir with a spoon to coat all the chicken pieces and refrigerate for at least 1 hr. Skewer the chicken. Thread the chicken onto skewers, alternating with bell peppers, red onion, and pineapple. Grill the skewers. Lightly brush olive oil over grill pan. Preheat the grill over medium high heat for 5 min. Place the skewers evenly apart on the grill pan and grill for 8-10 min on each side or until the internal temperature for the chicken reaches 165 F. Do not overlap the skewers at any time to ensure even cooking for all the skewers. Serve. Transfer the skewers onto a plate and drizzle with the reserved teriyaki sauce. Sprinkle with some sesame seeds and serve over steamed rice.

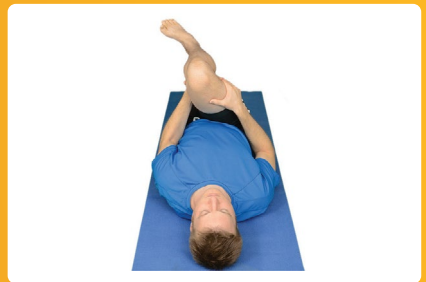
EXERCISE ESSENTIALS

Helps To Relieve Hip Pain



PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Hold for 20 seconds and repeat 3 times on each leg.



Patient Success Spotlight



"Very compassionate & knowledgeable staff! Nick spent a lot of time with me each visit, addressing all of my ailments. I especially appreciate the teaching lessons- understanding my body helps me understand my pain." — T.B.

"I always have a wonderful experience here and the staff whips me back into shape in no time flat. 10/10 recommend!" — C.M.

IF YOU NEED TO HAVE THERAPY:

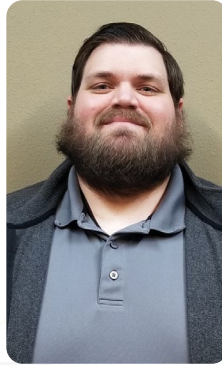
- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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CALL (501) 359-5948 TODAY!

Staff Spotlight



Nick Dobbs

Physical Therapist at Malvern Physical Therapy

Nick, his wife Anna and their son Hudson are current residents of Benton, AR. They love spending time with their families and friends and are avid Razorback and Steelers fans.. Nick joined our team in June 2016 after graduating from University of Central Arkansas. He has also completed his Dry Needling certification. Nick likes being able to help others and it shows through his work.

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

"The interactions I'm able to have with the staff and patients and learning something new each day."- Nick

MALVERN PHYSICAL THERAPY

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