



PRO-ACTIVE PHYSICAL THERAPY

BRYANT • SHERIDAN



NEWSLETTER



HOW HIP & KNEE PAIN AFFECT YOUR GAIT



BRYANT 501.359.5841 | SHERIDAN 870.493.8187 | PROACTIVEPHYSICALTHERAPY.HEALTH



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HOW HIP & KNEE PAIN AFFECT YOUR GAIT

Have you noticed pain in your hip or knees while walking? Do you find it challenging to go up and down hills? At ProActive Physical Therapy, our therapists will give you solutions to your pain and help restore your pain-free walking! Have you ever thought about how amazing our ability to walk is? A complex system of muscles, nerves, and joints work together in harmony to allow you to be mobile. If you experience hip or knee pain, it could mean that the interconnected parts are failing somewhere in the system.

Hip and knee pain occurs when the joints and/or muscles surrounding those areas are not working correctly. These symptoms can alter your mobility and increase pressure on the area, resulting in pain. At ProActive Physical Therapy, our physical therapists can teach you how to correct your gait and bring you relief before it becomes a significant problem! Call today to make an appointment.

WHAT CAUSES HIP AND KNEE PAIN?

Hip and knee pain occurs when the joints and muscles surrounding those areas lack their normal function. If the joints and muscles aren't

functioning correctly, it will alter your gait. The changes to your gait often cause the area to become inflamed, thus resulting in pain and even a limp.

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is a common complaint and is consistent with a joint issue.

Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.

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 front of the knee is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs to move up and down. If/when this area becomes inflamed, the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. When this happens, the result is more friction and pain.

Knee pain will often affect our ability to walk up and down stairs or hills. Typically people with knee pain avoid stairs or take one step at a time.

HOW WE CAN IMPROVE THE WAY YOU WALK

Our physical therapists are experts at assessing the connection between hip and knee pain and abnormal gait patterns. The reduced range of motion in the hip and knee often alters movement and mechanics throughout the lower extremities. Pain and weakness can further reduce the range of motion and change the way you walk.

An abnormal gait pattern affects how the patient uses their muscles which causes more pain leading to further changes to how you walk. These compensations often exacerbate the problem and lead to a downward spiral and increase abnormal loading on the joints and muscles of the hips and knees.

Fortunately, our therapists can help you correct your faulty gait mechanics and simultaneously reduce the abnormal stresses associated with the hip and knee, resulting in reduced pain and symptoms. Your therapist will choose specific exercises and appropriate range of motion, strengthening, and balance exercises that improve your function without aggravating your pain.

WHAT TO EXPECT IN PHYSICAL THERAPY

Our team of physical therapists will evaluate your movements, including your gait, to determine the root of your problem. When relieving hip and knee pain, it is essential to make sure that normal motion is restored. Using the information gathered in your assessment, your therapists will create a treatment regimen specific to your pain and restore your normal joint mobility, strength, and gait.

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We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible!

SCHEDULE AN APPOINTMENT TODAY

Call ProActive Physical Therapy today to schedule a consultation with one of our physical therapists to help restore your pain-free walking!

Source: <https://www.jospt.org/doi/full/10.2519/jospt.2015.5540> • <https://www.jospt.org/doi/10.2519/jospt.2017/0301>



PUMPKIN SPICE MUFFINS



Ingredients:

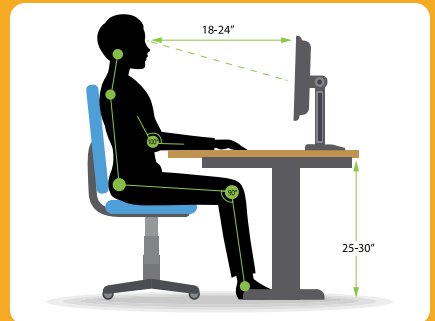
- 1 (18.25 ounce) package spice cake mix
- 1 (15 ounce) can pumpkin purée
- 9 ounces cinnamon chips
- 1 cup chopped pecans (Optional)

Directions: Preheat the oven to 375 degrees F (190 degrees C). Line 18 muffin cups with paper liners. Mix spice cake mix, pumpkin purée, and cinnamon chips together in a bowl until cake mix is completely moistened; add nuts and stir. Spoon the batter into prepared muffin cups to about 2/3 full. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Tips: When you start mixing, you will think there aren't enough liquid ingredients to absorb the cake mix. Just keep mixing. Don't overbake! When baked properly, these are moist, delicious muffins.

EXERCISE ESSENTIALS

CHECK YOUR POSTURE WHILE WORKING



If you have any questions, please consult with a healthcare provider before starting.

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PATIENT SUCCESS SPOTLIGHT



"We really enjoyed coming to PT. The staff was pleasant & friendly. We looked forward to every appointment. The treatments were accessible at home as well as in the office. The schedule was also very flexible. 1,000 stars all the way around!" — W.S.

IF YOU NEED TO HAVE THERAPY:

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

STRETCH YOUR MIND

9			3			2	1	7
	3	1	7					8
						4		6
2	9			8				3
		3				6		
4				1			9	5
8		9						
5					6	3	2	
3	4	2			5			9

CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!

STAFF SPOTLIGHT



KAYLA BROWNING

Physical Therapist at our Malvern Clinic

Kayla, her husband Jason and their son Jackson are current residents of Bryant along with their two rotten dogs, Gunner and Moo. In her spare time she enjoys spending time with family and friends, playing with her dogs and watching football. One day she would love to be able to attend a Baltimore Ravens NFL home game. Kayla attended UCA, she joined our team in October of 2020. She loves to see the progress her patients make in real time.

HER FAVORITE PART OF HER JOB:

"Experiencing the "wins" with my patients after all their hard work."



PRO-ACTIVE
PHYSICAL THERAPY

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THIS OFFER ENDS ON NOVEMBER 30TH 2023