



KICK AWAY YOUR HIP & KNEE PAIN

**Find Relief with
Physical Therapy**

**CHECK OUT OUR FREE
VIRTUAL WORKSHOPS**

ALSO INSIDE:

• Patient Success Spotlight • Give Us a Shoutout!





KICK AWAY YOUR HIP AND KNEE PAIN

Find Relief with Physical Therapy

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 TherapyWorks, 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 TherapyWorks as soon as possible. We'll help you get moving freely once again!

WHAT CAUSES HIP AND KNEE PAIN?

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.

Continued inside.

KICK AWAY YOUR HIP AND KNEE PAIN

Continued from previous page.

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.

HOW PHYSICAL THERAPY CAN HELP HIP AND 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!

At TherapyWorks, we can provide you with 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 us at
(785) 367-3395
to schedule your
appointment today!

Sources: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnhttps://pubmed.ncbi.nlm.nih.gov/33560326/, <https://www.jospt.org/doi/10.2519/jospt.2017.0301>, <https://pubmed.ncbi.nlm.nih.gov/301263951>, <https://pubmed.ncbi.nlm.nih.gov/25591130/>

Are You in Pain? Have You Suffered an Injury? Come Back to PT!

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

EXERCISE ESSENTIALS

This exercise helps with hip movement.

STANDING HIP ADDUCTION

Start in a standing position with your hand on a chair next to you. Stand only on the leg closest to the chair. Swing the other leg in front of the stabilizing leg and briefly hold it there. Move the leg back and repeat the motion 10 times.



Check Us Out

Find Out More About Us On SOCIAL MEDIA

You can meet some of our therapists, find out what's going on, and hear directly from patients how physical therapy has changed their lives.

Scan the QR Code to visit our Social Media pages.



Patient Success Spotlight



"I was nervous to start therapy on top of work and school. I'm so glad I started! The quick sessions were easy to fit into my schedule and helped a ton! It is so nice to know I can get around campus easily and painlessly." – Jacelyn

MARCH VIRTUAL WORKSHOPS

BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT
March 8th at 6:30 pm



SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
March 22nd at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

March 1st at 4:30 pm
Topic: Foot Pain with Lydia Kepler, PTA

March 15th at 4:30 pm
Topic: Knee Pain with Britani Baxter, PTA

March 29th at 4:30 pm
Topic: Neck Pain with Rachel Barron, PTA

Checkout our Facebook page for more details www.facebook.com/TherapyWorksKS/



GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Share Your
Success Story

