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NEWSLETTER

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Knee & Hip **PAIN RELIEF**

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KNEE & HIP Pain Relief



Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Recovery Physical Therapy today to make an appointment. With guidance from our physical therapists you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

Getting older

Being overweight/obesity

Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Recovery Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Recovery Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Continues inside

Come back to PT!

**Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.**

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CONTACT OUR CLINIC TODAY

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Recovery Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source

<https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>
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<https://doi.org/10.1016/j.pmn.2020.12.011>



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KICK AWAY YOUR KNEE & HIP PAIN!



PATIENT TESTIMONIAL

Over the years with my shoulder and knee injuries I have needed to find the right place for me. Not only did they come highly recommended to me by many people in the town, after looking up credentials of their therapists I was very impressed.

The front office staff is always more than accommodating making my appointments or making appointments easier for me to make, over booking at the end of the day to squeeze me in and rescheduling.

The lead physical therapist Erik, was very practical in the way that he presented his plans for me. He explained the science behind his decisions rather than just telling me what to do. He helped me understand why it was important to go slow and work on all aspects of my shoulder and back rather than just work on a quick fix. The whole group is also great at not ignoring signs and symptoms. Not only are they very thorough in their history and initial exam, they are very cute and two warning signs and make sure that we see a doctor when needed.

They are the best physical therapist group that I have ever been to. How do I know? I keep going back. However now I go back for strength training not because of injuries I foolishly inflict on myself. I've recommended my parents my in-laws and all my friends to use this group if they ever do need physical therapy.

I have been getting care there since 2014. And regrettably I probably let them down since my home exercises took years to become a priority, but they never gave up on me. And now I can put my arms above my head without pain reach for things under the bed, take a shirt off, and don't waste anymore just the thought of those things.

-M.K.

BENEFITS OF STRETCHING



As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

Here are just a few of the benefits you can expect from a regular stretching program:

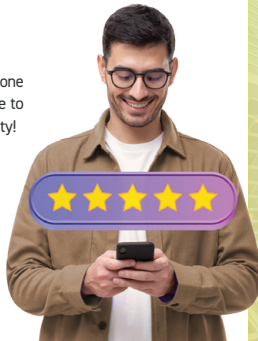
- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)



We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



SCHEDULE YOUR APPOINTMENT TODAY!



OUR GOAL IS TO HELP YOU REACH YOURS! COME BACK INTO OUR CLINIC FOR TREATMENT AND TAKE A STEP TOWARDS BETTER HEALTH.

