

KICK BACK AND RELAX! FIND RELIEF FOR YOUR KNEE AND HIP PAIN



Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been affected in some way or another. For more information regarding how our treatments can help you, give us a call today!

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- How Physical Therapy Can Help
- Exercise Of The Month
- 3 Natural Ways To Beat Spring Allergies
- Feel Better By Eating Better!



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What Causes Knee and Hip Pain?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will add excessive stress to the joint and/or the soft tissue surrounding the joint. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip joint pain, you will usually experience pain in your groin area and in the front of your thigh. If you are experiencing pain on the outside of your hip or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Additionally, pain from your lower back can refer to these areas as well. Hip pain is typically caused by injury or strain to the joint or surrounding soft tissues and can present with limited range of motion and increased pain with weight bearing activity.

If you are experiencing knee pain, a common source of pain is where the knee cap or patella articulates with the thigh bone or femur. Every time you bend your knee, your kneecap needs enough space to move up and down in a groove on the femur. Unfortunately, if this area becomes

inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. The added pressure will cause pain in the front of the knee and with time the soft tissue can grow thicker and more irritated, resulting in more friction and pain. Other sources of pain are located in the space between the end of the femur and the shin bone or tibia. Again, symptoms typically include pain with weight bearing, swelling, and decreased range of motion.



If you are experiencing knee or hip pain and want to experience natural relief, give us a call today at 910-791-0396. We'll get you moving comfortably again in no time.



How Physical Therapy Can Help

When relieving knee and hip pain, an appropriate mechanical assessment of the spine and extremity joint is critical to reducing pain and improving function. Evaluation of the lumbar spine is the first step to make sure you do not have any referring pain from your back into the hip or knee. This is an area that many therapists miss. Some studies suggest that 70% of hip pain and 30% of knee pain have some component of referred pain from the spine. Since these studies show referred back pain is quite common, we perform a lumbar spine screen on all patients, followed by a thorough hip or knee mechanical assessment. This will assure you that treatment is being applied to the appropriate region. The good news is that 70% of the hip and knee pain that we see in the clinic is "rapidly reducible", meaning that patients can improve their pain significantly, sometimes in as little as 2 weeks once the appropriate course of exercises is introduced.

Our physical therapists at Shoreline Physical Therapy & Spine Specialists are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. 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 a consultation with one of our physical therapists today and get back on track to a pain-free life!

DIY ice packs for when your joints are burning after all that walking:

4 Different Methods

1. (3) Parts water to (1) part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the most soft and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. (2) Parts liquid dish soap to (1) part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

Source:

<https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684>

Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



1. CALL AND TALK TO YOUR THERAPIST



2. DISCOVER WHY YOUR PAIN HAS COME BACK



3. GET YOUR CUSTOM RECOVERY PROGRAM



www.shorelineptnc.com

EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

Helps Stretch Your Legs and Knees



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Clinic News



Last month, we celebrated Ellen and Margaret for Administrative Assistants Day. Thank you, ladies, for all you do here at Shoreline!

3 Natural Ways To Beat Spring Allergies



Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

Get natural relief. Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

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Feel Better By Eating Better!



STRAWBERRY & BANANA POPSICLES

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.



HAS YOUR PAIN COME BACK?

Come Back In For Physical Therapy!

Give us a call at (910) 791-0396 or visit us online at www.shorelineptnc.com to schedule your appointment today!