

KICK YOUR KNEE PAIN TO THE CURB FIND NATURAL RELIEF WITH PHYSICAL THERAPY



**FEEL BETTER BY
EATING BETTER!**

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KICK YOUR KNEE PAIN TO THE CURB FIND NATURAL RELIEF WITH PHYSICAL THERAPY



Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Shoreline PT, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Shoreline PT, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call 910-791-0396 today to make an appointment.

Identifying the Source of Your Hip and Knee Pain

The source of hip and knee pain can come from a variety of sources. Pain and limited mobility are often the result of an injury or impairment to the joint or the muscles surrounding the joint. When the joints and muscles

aren't functioning correctly, it will alter your movement patterns which can gradually lead to a cycle of pain and inactivity.

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a hip joint pain. Pain on the outer aspect of your hip or buttock region, is often caused with the muscles and surrounding soft tissue.

Knee joint pain that is felt in the inner or outer aspect of the knee is often due to knee joint injury or degeneration. Pain around the knee cap can be due to muscular imbalances in strength and flexibility.

Complicating things further, the lower back should be screened by a therapist anytime you have hip or knee pain to make sure your pain is not referring into your leg from your spine.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause. While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.



How Physical Therapy Helps Hip and Knee Pain

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility. Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our specific motion testing, strength testing, and mechanical assessment, we can spot specific muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What to Expect in Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your condition thoroughly and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at evaluating and developing the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

Contact Us Today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Shoreline PT to schedule an appointment. We offer the results you are looking for!

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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Featured Treatment



Therapeutic Exercise

Therapeutic exercise incorporates a wide range of activities that help you regain or maintain your strength, flexibility, balance, endurance, or stability. Whether you have been injured, experienced an illness, or are simply noticing you are losing your physical abilities, therapeutic exercise can prevent impairment and disability while improving your overall fitness.

Types of Therapeutic Exercises

Range of Motion

These exercises, done through active, passive or assisted stretching activities, are aimed at increasing the range of motion in your joints and soft tissues.

Muscle Performance

Resistance and endurance exercises designed to increase muscle strength without injury, vital to good balance, stability, and bone and joint health.

Posture

Posture exercises are aimed at correcting poor posture, not just when you exercise, but in your life in general which can alleviate aches and pains.

Balance & Coordination

Specific exercises designed to improve your movement quality and stability with daily activities. These improve safety and help prevent falls or future injury.

How Does Therapeutic Exercise Relieve Pain?

It may seem counterintuitive to exercise when you are in pain. After all, the last thing you may want to do when you are uncomfortable is to move a painful area. Yet when you treat pain with medication and rest only the supporting muscles can weaken and joints get stiff causing greater pain and less function of the involved area. A physical therapist is trained to evaluate your body's function, strength and range of motion as well as your pain levels when you perform basic tasks. They can then create a customized treatment plan, including therapeutic exercise, that can strengthen weak areas, restore function to healing or surgically repaired joints, and reduce your overall pain levels. Not only can you experience a pain-free life, you can do so with greater strength and endurance than before. Let Shoreline Physical Therapy conduct an evaluation and help you get on the road to recovery. For more information, go to www.shorelineptnc.com or call 910-791-0396 to contact us today!

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

Staff Spotlight



Susanne L. Butler

Physical Therapist



You can learn more about Susanne and watch her introduction video by scanning the QR code or by visiting us online at www.shorelineptnc.com today.



Feel Better By Eating Better!



ZUCCHINI NOODLE "PASTA" SALAD

- 5 tbsp extra-virgin olive oil
- 3 tbsp red-wine vinegar
- 2 tbsp chopped fresh oregano
- 2 tsp Dijon mustard
- ¼ tsp crushed red pepper
- 1 small shallot, chopped
- 1 clove garlic, grated
- 16 ounces spiralized zucchini noodles
- 3 cups halved cherry tomatoes
- ½ cup pitted Kalamata olives
- ¼ cup shaved Parmesan cheese, divided

Whisk oil, vinegar, oregano, mustard, crushed red pepper, shallot and garlic in a large bowl. Add zucchini noodles, tomatoes, olives and half the Parmesan; toss gently to coat. Divide evenly among 4 bowls; sprinkle with the remaining Parmesan.

EXERCISE OF THE MONTH

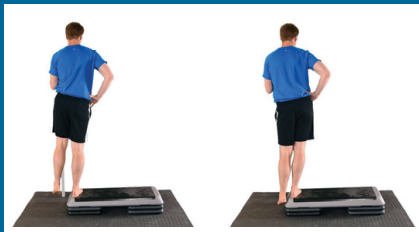
Try this movement if you are experiencing pain.

Prevent Common Knee Pains

HIP HIKES



While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



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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!