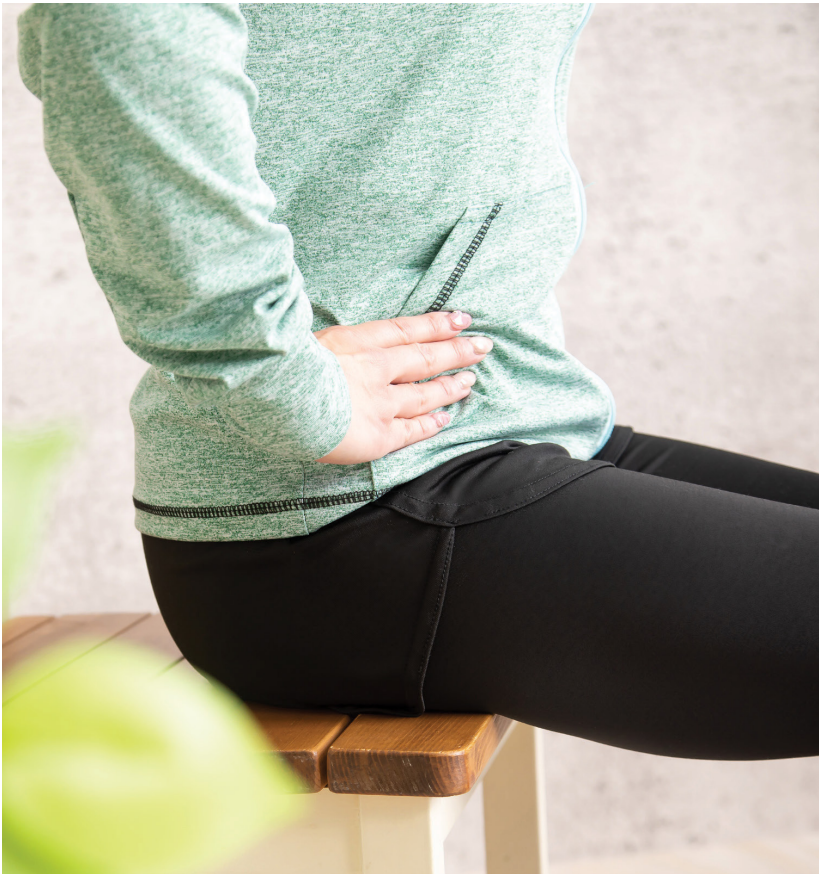
PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

NATURAL RELIEF FOR

HIP, KNEE, & LEG PAIN

PHYSICALTHERAPYCENTER.ORG



What Causes Hip, Knee, & Leg Pain?



Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

Call one of our professionals today, and ask about physical therapy options. Your mobility is important, and your hip, knee, & leg pain can be treated.

What Causes Back Pain?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physical therapist. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physical Therapy Can Help



In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physical therapist immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

Sources

https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684

https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx

https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain



Feel Better By Eating Better!

Spiced Oatmeal and Apple Bars

- Cooking spray
- 2 1/2 cups old-fashioned oats
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 2 large apples, peeled, cored, and finely chopped
- 1 cup apple cider
- 1/2 cup dark brown sugar
- 1 large egg, beaten
- 3 tbsp butter, melted
- 2 tsp vanilla extract

Preheat oven to 350°F. Line a 9x13-inch baking pan with parchment paper and coat paper with the cooking spray. In a medium bowl, combine the oats, flour, baking powder, cinnamon, and salt. Add the apples to a large bowl with the apple cider, brown sugar, egg, butter, and vanilla. Stir to combine. To large bowl, slowly stir in dry ingredients until incorporated. Transfer mixture to baking pan. Place another sheet of parchment on top of mixture and press down firmly into an even layer and into corners. Remove top piece of parchment. Bake 30–35 min., until golden brown. Let cool and use parchment paper to lift from the pan. Cut into 16 bars and store in a sealed container.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 847-6351

Waxhaw Location
(704) 843-7000

South End Location
(980) 833-1293

Monroe Location
(704) 283-6700

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Have You Thought About Investing In A Standing Desk?



Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day.

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks and making your home office more ergonomically friendly!

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

At the end of the day, make sure you're comfortable

No matter how you choose to work from home, ergonomics is an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on your overall happiness, productivity, and well-being.

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. For more information, contact The Physical Therapy Center today.

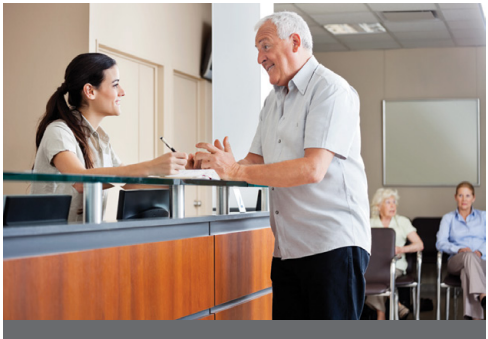


Step Down

SimpleSet Pro



Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet.



Come back and see us!

Are you struggling from pain that won't go away? We want to help! Call us or visit physicaltherapycenter.org to schedule your consultation today!