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# How Physical Therapy Helps Hip & Knee Pain

*Health & Wellness Newsletter*

*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 the Physical Therapy Center, our team of physical therapists is dedicated to helping you find solutions that work!*

At the Physical Therapy Center, 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 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 things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

*While many causes of pain exist, the most common are:*

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

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 joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

*If you're experiencing pain, pinpointing the exact spot can help you determine the cause.*

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

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.



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## Effective Solutions for Your Knees & Hips

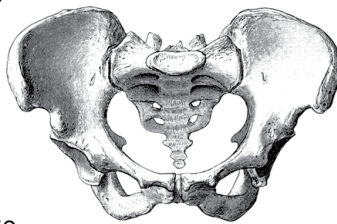
Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your 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 particular issues 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 hands-on intervention and selection for 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 the Physical Therapy Center 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/>

**Stop letting pain get in the way. Give us a call or visit [physicaltherapycenter.org](https://physicaltherapycenter.org) today!**

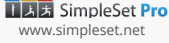
# Check Out These Tips To Help You Stay Active & Healthy!




### Immunity Vitamin Burst Smoothie

- 1 cup fresh orange juice
- 1/2 cup milk
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger

Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy.

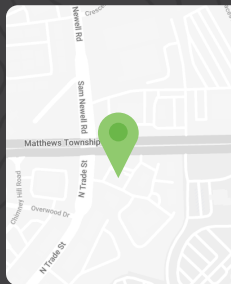
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### Knee Extension Stretch

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.

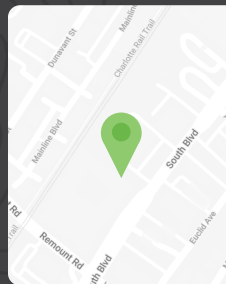
[Learn More...](#)



### Matthews Location

1352 Matthews Township Pkwy  
Unit 102 - Matthews, NC 28105  
**(704) 610-1868**

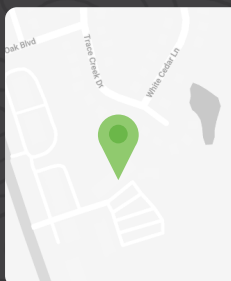
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### South End Location

2400 South Blvd  
Suite 203 - Charlotte, NC 28203  
**(980) 303-3991**

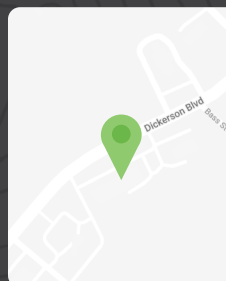
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### Waxhaw Location

105 Waxhaw Professional Park Dr  
Suite B - Waxhaw, NC 28173  
**(704) 459-4269**

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### Monroe Location

1730 Dickerson Blvd  
Suite D - Monroe, NC 28110  
**(704) 459-3794**

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