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# Physical Therapy Can Help Resolve Your Knee and Hip Pain!

*Health & Wellness Newsletter*

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 the Physical Therapy Center today to make an appointment. With guidance from our physical therapist 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 the Physical Therapy Center, our therapists are skilled and identify the source of the issue and help you find a solution.

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



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## 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 the Physical Therapy Center are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained 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.

### 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 stretching 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 the Physical Therapy Center today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

**Schedule Appointment**

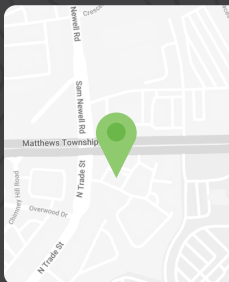
# Three Simple Back Pain Prevention Tips

- 1. Tip 1: Exercise.** Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.
- 2. Tip 2: Minimize Sitting.** Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.
- 3. Tip 3: Ask for Help.** When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the Physical Therapy Center physical therapists can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.



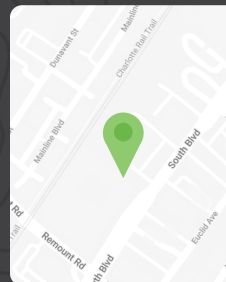
Let's get you better ASAP! Schedule your appointment today!



## Matthews Location

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

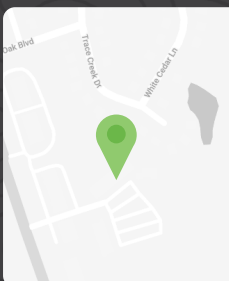
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## South End Location

3021 Bank St, Unit 120  
Charlotte, NC 28203  
**(980) 303-3991**

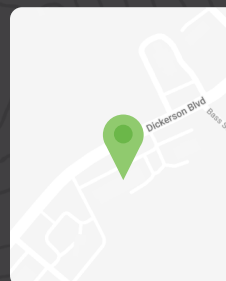
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## Waxhaw Location

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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