

# NEWSLETTER

June  
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## COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP & KNEE PAIN

For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

### Why am I experiencing hip /knee pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes

inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.
- **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.
- **Bursitis.** "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
- **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

**If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Agility Physical Therapy as soon as possible. We'll help you get moving freely once again!**

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# *So, What Can I Do About It?*

Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

- **Wearing properly fitted shoes.** One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.
- **Using cold and hot remedies.** Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.
- **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.

- **Listening to your body.** At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.

**Contact Agility Physical Therapy for additional assistance!**

Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At Agility Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly.

**Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!**

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## **WONDERING ABOUT YOUR ACHE OR PAIN?**

**Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!**

# *Covid-19 Precautions*

Agility Physical Therapy is focused on keeping our equipment and facilities clean for you. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**WASHING YOUR  
HANDS REGULARLY**



**AVOID TOUCHING  
YOUR FACE**



**SNEEZE & COUGH  
INTO TISSUES**



**AVOID HUGS OR  
SHAKING OF HANDS**



**DO NOT TOUCH  
MUCOUS**



**KEEP YOUR DISTANCE  
FROM THOSE INFECTED**

## ***FREE PAIN/INJURY ANALYSIS!***

**MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE  
MORE ENERGY • ENJOY ACTIVITIES PAIN FREE •  
BE STRONGER**



***CALL TO SCHEDULE A  
TELEHEALTH OR IN-CLINIC  
APPOINTMENT TODAY!***

*Offer valid for the first 25 people to schedule. Expires 7-15-21*

# Healthy Recipe

## SPAGHETTI WITH ASPARAGUS

### INGREDIENTS

- 1 lb. spaghetti
- 4 3"-long strips lemon zest
- 2/3 cup extra-virgin olive oil
- 1/2 tsp. crushed red pepper flakes
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 8 large basil leaves
- 2 lemons, halved
- 4 garlic cloves, smashed
- 2 oz. parmesan

**DIRECTIONS** Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1 1/2 cups pasta cooking liquid. Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until shimmering. Add asparagus, season with salt, & cook, stirring often, until just beginning to take on color, about 1 minute. Add garlic, lemon zest, & red pepper flakes & cook, stirring, until fragrant, about 30 seconds. Remove from heat & let sit until pasta is done. Add pasta & basil to pot with asparagus mixture & return to medium-high heat. Squeeze juice from both lemons into pot & add 2 oz. Parmesan & 1 cup reserved pasta cooking liquid. Cook, adding more pasta cooking liquid if needed, until sauce is creamy and emulsified & pasta is coated, about 1 minute.

## YOU DON'T HAVE TO LIVE WITH PAIN!



### DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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# Exercise Essentials

## BRIDGE | ARMS FLAT

Lie flat on your back with your arms straight beside you. Bend knees up so that your feet are flat. Lift your hips up in the air to make a bridge using your arms to stabilize. Lower down in a controlled manner.



## Patient Success Spotlight

**“THEY WERE AN A+ TEAM FOR ME TO DO MY REHAB WITH!”**

*“I’m extremely thankful that I choose Agility at Southbridge to assist me with my hip replacement rehab. My 2 therapists, David and Sean, gave me individualized exercises for not only for my strengthening my hip joint but they also included therapy for the muscular changes in my walking gait and body. Their attention to my specific body’s needs assisted me in having a successful recovery and progressing as far as I have in just 8 weeks. Both therapists along with Ronda, the office manager, were very welcoming and genuinely cared for how I was doing each time I came. They were an A+ team for me to do my rehab with! Plus, during these COVID times, I appreciated their small and safe environment” - S.S.*



**CALL TODAY! 941-484-8107**