

# NEWSLETTER

April 2022

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*

## **WALK COMFORTABLY ONCE AGAIN WITH PHYSICAL THERAPY**

Have you noticed pain in your hip or knees while walking? Do you find it challenging to go up and down hills? At Agility Physical Therapy, our therapists will give you solutions to your pain and help restore your pain-free walking!

Hip and knee pain occurs when the joints and muscles surrounding those areas lack their normal function. If the joints and muscles aren't functioning correctly, it will alter your gait. The changes to your gait often cause the area to become inflamed, thus resulting in pain and even a limp.

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is a common complaint and is consistent with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.

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 front of the knee is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs to move up and down. If/when this area becomes inflamed, the tissues surrounding the kneecap will

become tighter, and the kneecap will not have as much space to move. When this happens, the result is more friction and pain.

### ***How physical therapy can improve the way you walk:***

Our physical therapists are experts at assessing the connection between hip and knee pain and abnormal gait patterns. The reduced range of motion in the hip and knee often alters movement and mechanics throughout the lower extremities. Pain and weakness can further reduce the range of motion and change the way you walk.

An abnormal gait pattern affects how the patient uses their muscles which causes more pain leading to further changes to how you walk. These compensations often exacerbate the problem and lead to a downward spiral and increase abnormal loading on the joints and muscles of the hips and knees.

Fortunately, our therapists can help you correct your faulty gait mechanics and simultaneously reduce the abnormal stresses associated with the hip and knee, resulting in reduced pain and symptoms. Your therapist will choose specific exercises and appropriate range of motion, strengthening, and balance exercises that improve your function without aggravating your pain.

**[IMPROVEMYAGILITY.COM](https://www.improvemyagility.com)**

# What to Expect in Physical Therapy

Our team of physical therapists will evaluate your movements, including your gait, to determine the root of your problem. When relieving hip and knee pain, it is essential to make sure that normal motion is restored.

Using the information gathered in your assessment, your therapists will create a treatment regimen specific to your pain and restore your normal joint mobility, strength, and gait.

We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible!

**Call today to schedule a consultation with one of our physical therapists to help restore your pain-free walking!**

Sources:

<https://www.jospt.org/doi/full/10.2519/jospt.2015.5540>  
<https://www.jospt.org/doi/10.2519/jospt.2017.0301>

## 3 Reasons for Spring Cleaning

**Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

**Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

**Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.



Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

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2. Center the QR code above in the frame (this will take you directly to our social media links)
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SCAN ME

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**FREE SPRING-READY  
CONSULTATION**

**VENICE: (941) 484-8107**

**SOUTHBRIDGE: (941) 244-2410**

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**START OFF THE SEASON RIGHT BY  
SCHEDULING A FREE 20 MINUTE  
TELEHEALTH APPOINTMENT**

*Offer valid for the first 25 people to schedule. Expires 04-30-22*

## CORE-FIT

Our Signature Class:

Core strengthening

Metabolic fitness

Interval and circuit-training

Do things you don't think you can. We will push you to your limits, help you get

leaner, improve your general fitness and help you achieve your over-all fitness goals. Sign up with the link below, spots are limited so call today!



<https://improvemyagility.com/fitness-experience/classes-online-scheduling/>

## Patient Success Spotlights

*"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 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." - Sally S.*





Kelly Brothers, DPT

Kelly attended the University of Florida where she obtained both her bachelor's in Applied Physiology and Kinesiology and her Doctorate degree in Physical Therapy. She currently provides treatment for a wide variety of clients with orthopedic, musculoskeletal, and neurological diagnoses. Her clinical practice is centered on an up to date evidence-based approach. Kelly is an exercise enthusiast who enjoys helping others reach their physical goals and enjoy life at an optimal level of performance. In addition to pursuing her passion as a PT., Kelly enjoys being outdoors and spending time with family and friends.

*Contact Agility Physical Therapy today to help relieve your persistent back pain!*

## Exercise Essentials

### Arch Curl

Start with your foot flat against the floor, then flex your toes towards the ceiling, hold for 10 seconds, then flex your toes into the floor, and hold for 10 seconds. Repeat 5 times on each foot.



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