



Advantage-Physical-Therapy

AdvantagePT  
STRONGER TOGETHER

www.AdvantageSportsTherapy.com 

# NEWSLETTER

## EXPLORE YOUR WORLD WITHOUT FEAR OF HIP, KNEE, & LEG PAIN

COME BACK TO PHYSICAL THERAPY



**INSIDE:**

What Are the Symptoms? • Patient Success Spotlight

Sudoku Puzzle • Staff Spotlight

# NEWSLETTER



## HAPPY TRAILS DON'T INCLUDE HIP, KNEE, OR LEG PAIN

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, let's examine the pain itself.

**What Causes Hip, Knee and 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 US TODAY!**

**Redmond: 1-425-437-3554 | Sammamish: 1-425-307-5504**



# CHECK OUT OUR FACEBOOK PAGE!

DETAILS INSIDE

[www.AdvantageSportsTherapy.com](http://www.AdvantageSportsTherapy.com)



Advantage-Physical-Therapy

## WE MAKE IT EASY TO LEAVE A REVIEW!

### INSTRUCTIONS:

- 1. Open your smart phone to the camera app**
- 2. Center the QR code above in the frame**  
*(this will take you directly to our Facebook Review pages)*
- 3. Tell us how we've done!**



# WHAT ARE THE SYMPTOMS?

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 physician. 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 physician 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>



# EXERCISE ESSENTIALS

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

## POSTERIOR CHAIN + TRUNK ROTATION STRETCH

Sit with both legs to one side. Twist your trunk, to look behind. Twist through the upper and the lower back. Hold for 15 seconds. Alternate sides and repeat.

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# SUDOKU

8				7			4
		2	4	1			
		3	2			9	
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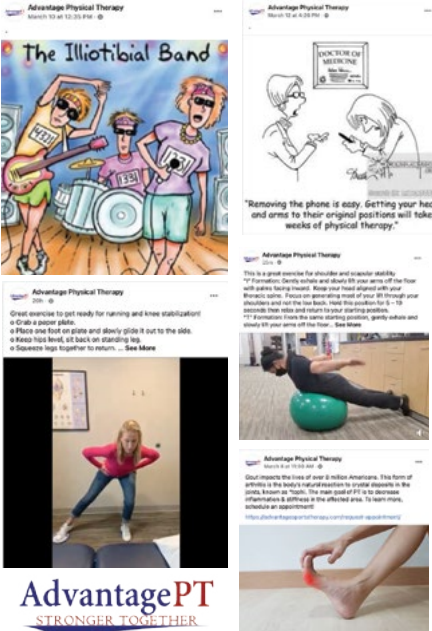
<http://1sudoku.com>

n° 35089 - Level Hard

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## DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

1. Open your smart phone to the camera app
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## STAFF SPOTLIGHT

### CASEY O'HARA PT, DPT

Casey O'Hara PT, DPT was born and raised in Brentwood, CA and went to undergrad at CSU, Chico, where he received his B.S. in Exercise Physiology. He then graduated from the University of St. Augustine for Health Sciences in St. Augustine FL in 2019. He then completed his Orthopedic Residency program in 2020 and is studying for his OCS exam in 2022.



Casey enjoys working with all types of patients and has special interests in spine and knee injuries. Outside of the clinic, Casey enjoys hiking, traveling around the world, kayaking and powerlifting. He is excited to be with Advantage PT and looks forward to getting patients back to active and a enjoyable physical therapy experience.



## Patient Success Spotlight

**"I feel so much better now, and the quality of my life has improved so much!"**

*"I have been attending physiotherapy sessions with Inayat for sciatica and issues with my neck and upper back. I used to wake up at night when sleeping due to pain. It was a very painful period. Inayat took time assessing my problems and how it has impacted my life. This is one of the things that makes her such a wonderful therapist, is that she has the skills and the knowledge and takes the time to diagnose her patient's injury. She was always clear about the intentions of the treatment, was very helpful with information around my problems (causes and how long it may take to heal) and always made sure I was doing the exercises right, as well as determining what would be helpful or not. I also developed issues with my knee due to another reason and Inayat was able to mend that too with the right treatment. She would listen to what I had to say and take my thoughts and concerns into the account throughout the whole recovery. When I first started working with Inayat, I knew she was the perfect person to help me get better, and the longer I worked with her, the more I knew it to be true. I feel so much better now, and the quality of my life has improved so much! Inayat, I wanted to say thanks for all your insight and help. I know that without your help I would not be feeling as good as I do today."*

Are you in pain? Have you sustained an injury?  
Give your physical therapist a call today!

**REDMOND: 1-425-437-3554**

**SAMMAMISH: 1-425-307-5504**