



Advantage-Physical-Therapy

AdvantagePT
STRONGER TOGETHER

www.AdvantageSportsTherapy.com 

NEWSLETTER



COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP & KNEE PAIN

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NEWSLETTER

GAIN RELIEF FOR PERSISTENT HIP & KNEE PAIN

COME BACK TO PHYSICAL THERAPY



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.

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

Why am I experiencing hip and/or 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.



CALL US TODAY!

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

**CALL US TODAY TO SCHEDULE
AN APPOINTMENT!**

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Advantage-Physical-Therapy

WE MAKE IT EASY TO LEAVE A REVIEW!

INSTRUCTIONS:

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



SO, WHAT CAN I DO ABOUT MY HIP & KNEE PAIN?

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 Advantage 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 Advantage 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!**



STAFF SPOTLIGHT: ANTHONY SHERWOOD PT, DPT, USAW

Anthony Sherwood, PT, DPT, USAW was born and raised in Sherwood, OR. He attended Sherwood High School where he participated in football, baseball, and basketball. He graduated from Oregon State University with a B.S. in Exercise and Sports Science and had the opportunity to work with youth athletes at multiple sports performance internships. He then attended the University of St. Augustine for Health Sciences in San Marcos, CA where he graduated with his doctorate of physical therapy. In his free time, Anthony enjoys playing golf, basketball, pickleball, hiking, and watching live sports.

EXERCISE ESSENTIALS

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

HIP HINGE | STICK ON BACK

Hold a stick on your back with 3 points of contact: tailbone, upper back, and head. Keep your big toe and little toe in contact with the ground with knees softly bent as you push your hips back until you feel a stretch in your buttocks and hamstrings. Engage your core, buttocks and hamstring as you come back up to a standing position. Repeat 10 times, three sets.

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n° 35225 - Level Hard

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Advantage-Physical-Therapy

Advantage Physical Therapy

September 21 at 1:02 PM · 🌐

Happy fall season everyone! 🍂🍁🍁🍁
If you had a great fall but you are not talking about the season, give us a call!

Humpty Dumpty had a great fall



Advantage Physical Therapy

September 17 at 1:02 PM · 🌐

How do you avoid that fall of physical therapists? Engage! Right here at Advantage PT for improving your physical wellness and community. Get your feet on the ground. Let your therapist know we would love to hear your story!



Advantage Physical Therapy

September 22 at 12:01 PM · 🌐

Share your health needs or research! Check out this article for sample tests and tricks to get you back on track!



WORLDWIDE PHYSICIAN
Health Guides: Health is a State of Mind and Body -
Bodybuilding.org

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!

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2. Center the QR code above in the frame (this will take you directly to our Facebook Page)



HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Let us help you get a head start for 2022.

Call us today at Redmond: 1-425-437-3554 or Sammamish: 1-425-307-5504 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



Patient Success Spotlight

"I'm so much stronger now!"

"Before PT I had trouble just walking the dog around the block. Now, I still have trouble but it's not my foot that's the problem! (It's the dog!) PT has been a little more mental therapy than physical therapy but it's been great. Thank you so much! I'm so much stronger now."

- Laurie H.

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