



NEWSLETTER

SAY "GOODBYE" TO YOUR HIP & KNEE PAIN



INSIDE:

MAY 2023

**COMMON CAUSES
OF HIP, KNEE,
AND LEG PAIN**

**HEALTHY
RECIPE**

**PATIENT
SUCCESS**



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INSIDE:

- Common Causes of Hip, Knee, and Leg Pain
- Healthy Recipe
- Patient Success

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HEALTHY RECIPE



Cucumber Sandwich

- 2 oz cream cheese, at room temperature
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Approximately 10-20% of adults report experiencing hip or knee pain at some point in their lives. Hip and knee pain commonly present as persistent discomfort in the affected joint, often accompanied by stiffness, particularly after periods of inactivity or upon waking in the morning.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at McCabe and Brady Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE, AND LEG PAIN

Hip and knee 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 determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory toward symptomatic osteoarthritis later in life. Repetitive stress and overuse-type injuries are more common with tendon-related pains. Cartilage and/or ligament

injuries are more commonly associated with slips, falls, and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of the pelvis and outer thigh area is the "hip," that area is actually where muscles and tendons are found and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer part of the knee is typically due to tendon-related injury or inflammation.

Continued inside

Leave Your Back Pain In The Past!

Continued from outside

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain or waiting too long to be seen can worsen the problem and eliminate simple solutions.

Often, inactivity and avoiding movement can contribute to immobility and pain. Our joints need movement for blood flow and nutrition to stay healthy. While some hip and knee pains disappear, those lasting longer than several months may hint at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise, and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility and strength and alleviate their pain. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy enhances the patient's quality of life. We offer the results you are looking for!

Contact one of our providers today, and tell us about your symptoms.

Sources

<https://pubmed.ncbi.nlm.nih.gov/33560326/>

<https://pubmed.ncbi.nlm.nih.gov/30126395/>

<https://pubmed.ncbi.nlm.nih.gov/25591130/>

CALL OUR CLINIC TODAY

At McCabe And Brady Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.



“

The care given was very individualized and the improvement in my knee took place in the first week with my meniscus. The next problem was the hamstrings and quadriceps which he worked very diligently with me to help restore their strength and for the most part have almost returned to normal. I would highly recommend Frank McCabe as a highly competent professional. -B.B.

”

We Want To Hear Your Success Story!

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Staff Spotlight

Frank McCabe

MPT, B.S. EX. PHYS., CERT. MDT



Frank graduated from Temple University with a degree in Exercise Physiology/Cardiac Rehabilitation. He continued his education at Rutgers University and graduated with his Masters in Physical Therapy. He pursued post graduate work and became a spine specialist, certified through the McKenzie Institute. He has co-authored a chapter, with the University of Pennsylvania, detailing physical therapy treatments for cervical spine

pain and radiculopathy. In addition to his spine specialty, Frank has developed a unique expertise and treatment methods for tendonitis and other tendon injuries. He has co-authored a journal article detailing the latest and most effective treatments for Achilles tendinopathy.

3 Natural Solutions To Beat Spring Allergies

- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

Warminster
215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

Or request an appointment online at
mccabebradypt.com

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