

# THE CONNECTION BETWEEN HIP & KNEE PAIN

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MAY 2024

Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee but one with the hip? At McCabe and Brady Physical Therapy, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our Certified McKenzie therapists can help you figure out the source of your pain and, more importantly, guide you back to health.

*To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!*

## YOUR GUIDE TO RECOGNIZING THE SIGNS AND SYMPTOMS OF HIP AND KNEE PAIN

At McCabe and Brady Physical Therapy, we believe in using the McKenzie Method to help ensure you get the best possible outcomes. We are trained to identify the factors affecting your condition and how you respond to specific movements or positions in the hip and knee, and we develop a plan that addresses and restores your function, not just the symptom.

### The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in low back, buttock and the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the medial knee area.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip

pain often find it challenging to bend over to tie shoes or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

### Classic Indicators of Knee Dysfunction

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.
- **Stiffness and Reduced Range of Motion:** Another hallmark of knee dysfunction is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in identifying and treating pain effectively. This is where the expertise of our McKenzie therapists can help!

### NAVIGATING THE PATH TO RECOVERY

At McCabe and Brady Physical Therapy, our physical therapists will conduct a comprehensive evaluation and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

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## How Hip-Strengthening Exercises Can Help Alleviate Knee Pain

You may be surprised to know that the functioning of our knees is directly linked to the strength and stability of our hip muscles. **Our hip muscles play a vital role in maintaining the alignment and stability of the knee joint.**

Hip-strengthening exercises enhance the knee's support system, helping to control the movement of your leg and distribute the forces that travel through it during daily activities. A strong hip musculature can help prevent the knee from adopting faulty movements and positions that often lead to pain.

Hip exercises can also help improve your overall balance and stability, essential for protecting your knees and reducing your risk of falls. At McCabe and Brady, we'll guide you in adopting these exercises into your daily routine, a step towards a life marked by greater mobility and less pain.

### SEEKING GUIDANCE AT MCCABE AND BRADY

Our approach emphasizes the role of the hips as crucial players in alleviating knee pain and facilitating overall health and well-being. Here are some highly effective hip-strengthening exercises that have been shown to reduce knee pain:

- **Hip Bridges:** The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.
- **Side-Lying Hip Abductions:** This exercise is a powerhouse in bolstering the hip muscles, primarily targeting the gluteus medius. This vital muscle aids in stabilizing the hips and knees. Engaging in this exercise can be a game-changer in alleviating knee pain.
- **Squats:** Stand with your feet shoulder-width apart and squat down as if you're going to sit in a chair. Lower yourself until your thighs are parallel to the floor (or as low as you can comfortably go), and then back up to the starting position.

These hip-strengthening exercises can provide stability and support to the knee, potentially reducing the strain and consequent pain.

### TAKING THE NEXT STEP

Remember, the journey to wellness is an ongoing process, and we are here to walk with you every step of the way. Ready to take a step towards a brighter, pain-free future? Call us today to get started!

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- **Tailored Therapeutic Exercises:** Our therapists will provide you with targeted, repeated movements to relieve your pain. Then, we will implement strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.
- **Neuromuscular Re-education:** This involves using exercises to restore normal muscle function and movement patterns.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine the most effective movements that address your pain and mobility, whether the hip, the knee, or both. Our goal is to build a program and teach you how to manage your symptoms independently so you can get back to living your best life!

### FOLLOW THESE SIMPLE STEPS TO A PAIN-FREE LIFE

Are you ready to embrace a lifestyle that promises better mobility and less pain? At McCabe and Brady Physical Therapy, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

**Call today to schedule an appointment!**



“

An overall amazing experience. Always a great atmosphere during my sessions. Alex was my therapist and I could not have had a better one. I would recommend McCabe & Brady for any of your physical therapy needs, you will not be disappointed. -G.H.

”



**CALL TODAY!**

**Warminster**  
215.774.6203

**Ivyland**  
215.874.6561

**New Britain**  
267.281.8039

# 3 REASONS TO DIVE INTO SPRING CLEANING

Spring is a time of renewal and new beginnings, so it's the perfect time to get rid of old clutter and make your home feel fresh and new! Have you been procrastinating spring cleaning this season? Spring cleaning can sometimes feel like a hassle, but we promise it's worth it.

Not convinced yet? Here are three reasons to dive into spring cleaning:

## 1. A clean home benefits your immune system.

Mold, dust, and pet dander can build up in your home during the winter months when there is less air circulation. A thorough spring cleaning helps to air out your home, preventing respiratory problems.

## 2. It is a simple way to become more active.

Cleaning can be a real workout! Spring cleaning can help you get active by sweeping the floors, scrubbing tile, and moving furniture. Exercise has many advantages, including stress reduction and improved heart health.

## 3. It helps with concentration and mood.

Studies have shown that people who clean their homes are more productive, have better moods, and are more likely to be happy. The cleanliness of the house also has a significant impact on mental health.

This is especially important now that so many of us work from home!

Spring cleaning is a great way to improve your mental and physical health—so what are you waiting for? Get started today!



## WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!

★ WARMINSTER

★ IVYLAND

★ NEW BRITAIN



# HEALTHY RECIPE

## Spring Veggie Tart

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved lengthwise
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthwise with a mandoline
- 1 1/2 c goat cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve



Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 1" to create a large single sheet. Fold and pinch all four sides to make a 1" border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with paper towel. Scatter vegetables over tart and crumble goat cheese on top. Drizzle with oil and vinegar glaze. Sprinkle with mixed herbs.

## COME BACK TO PT!

### HAS YOUR PAIN RETURNED?

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*Or request an appointment online at*  
[mccabebrazypt.com](http://mccabebrazypt.com)