

N E W S L E T T E R

KNEE AND HIP PAIN RELIEF

INSIDE:

- Who Needs Physical Therapy?
- We're Staying Safe!
- Strawberry & Banana Popsicles
- Benefits of Spring Cleaning





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Mark Twain once said that growing old is an issue of "mind over matter," but if you struggle with knee or hip pain, then you know that this isn't true at all. Knee and hip pain can really take the spring out of your step, causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step.

There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident.

Don't Wait Until It Is Too Late!

When an injury develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist soon after an injury develops can help reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

When you are dealing with a knee or hip injury, every step requires more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office.

What Can Physical Therapy Do to Help?

Physical therapy is not a one-stop cure-all for pain management. This is a long-term solution to pain and suffering through the use of targeted exercises and stretching techniques that are designed to strengthen the targeted areas and help the body recover and heal. By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to increase flexibility, motion, strength and even improve coordination.

Stop letting pain get in the way.

Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



WHO NEEDS PHYSICAL THERAPY?

Are you moving like you should be? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking or running, you need your hips and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait, which is the way that you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

If you've experienced any hip or knee pain and are considering whether physical therapy is a good choice for your health needs, consider the following:

- From a standing position, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physical therapy could be helpful.
- In a sitting position, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physical therapy.
- From a standing position, with your feet planted flat on the floor, can you push your body into a squatting position? You should be able to squat all the way down so that your buttocks are almost touching

your heels. If you aren't able to do this, then physical therapy may be helpful in improving your range of motion.

- Standing near a wall or countertop, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physical therapy may be able to improve balance and coordination.

The goal of any physical therapy program is to restore range of motion and improve flexibility and strength while reducing the general experience of pain. Unfortunately, hip and knee injuries often tend to linger. Every movement relies so heavily on the hips and knees that it makes it difficult to allow these joints to actually rest following an injury. Physical therapy provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. For more information, contact your physical therapist to learn more about options that will suit your health needs.

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FUN & GAMES

	5							
		4	5		2	7		
2	3	8		6			4	
		2		1				7
	9	5	7		3	2	1	
4				5		8		
	2			9		4	7	8
		9	8		6	5		
							9	

<http://1sudoku.com>

n° 229777 - Level Medium

Only use the numbers 1 to 9. Avoid trying to guess the solution to the puzzle. Only use each number once in each row, column, & grid. Use the process of elimination as a tactic. Use cross-hatching and penciling in techniques.

EXERCISE ESSENTIALS

Helps Stretch Hips



HIP ADDUCTION - SIDELYING

Lie flat on your side. Place a rolled towel between your waist and the floor, directly above your hips. Position your bottom leg in line with your trunk. Bend your top knee and place your foot flat on the ground directly in front of your bottom knee. Lift your bottom foot as high off the ground as you can, keeping your knee straight. Relax your leg back to the start position.



CALL TODAY!

WE'RE STAYING SAFE!

Physical therapists are considered "Essential Critical Infrastructure Workers" during the COVID-19 pandemic. Because of this, Joint Effort Physical Therapy is remaining open and seeing patients during this time while taking the necessary precautions to make sure everything is sanitary and everyone is safe.

Before and after every session, we are asking our clients and providers to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as require all persons in our clinic to wear masks as an additional measure of precaution.



**OUR PROVIDERS
ARE WASHING
HANDS
REGULARLY**



**OUR PROVIDERS
ARE USING GLOVES
WHEN NECESSARY**



**OUR PROVIDERS ARE
AVOIDING HUGS &
SHAKING OF HANDS**

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BENEFITS OF 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.

Source

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>.

HEALTHY RECIPE

STRAWBERRY & BANANA POPSICLES



- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

(501) 781-2701

**10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS**

 **JOINT EFFORT
PHYSICAL THERAPY**

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

(501)-781-2701

Offer valid for the first 10 people to schedule.
Expires 5-31-21