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NEWSLETTER

SE HABLA ESPAÑOL

10 YEAR ANNIVERSARY

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THE CONNECTION BETWEEN HIP AND KNEE PAIN

"The process of getting to healing wouldn't have been as successful had I not come here."

Read Crystal's Review Inside

OptimumPhysiotherapies.com

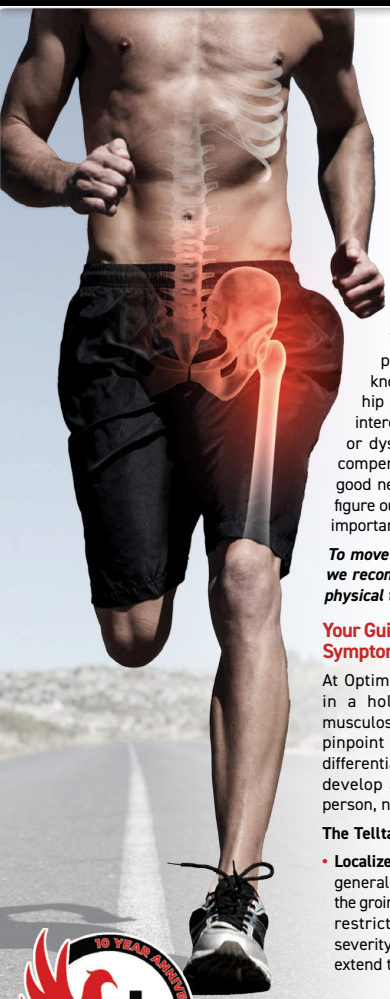
SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER, AND MORE ACTIVE!

210-985-9498

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SE HABLA ESPAÑOL



THE CONNECTION BETWEEN HIP AND KNEE PAIN

Did you know...

...for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Optimum Physio Therapies, 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 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 Optimum Physio Therapies, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in 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 knee.
- **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 Pain

- **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 pain 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.

Continued inside.

CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

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THE CONNECTION BETWEEN HIP AND KNEE PAIN

Continued from the previous page.

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 diagnosing and treating pain effectively. This is where the expertise of our physical therapists can help!

Navigating the Path to Recovery with Optimum Physio Therapies

At Optimum Physio Therapies, 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:

- **Tailored Therapeutic Exercises:** Our therapists will provide you with stretching and 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 and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

Follow These Simple Steps to a Pain-Free Life

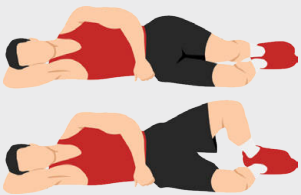
Are you ready to embrace a lifestyle that promises better mobility and less pain? At Optimum Physio Therapies, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

Call today to schedule an appointment!

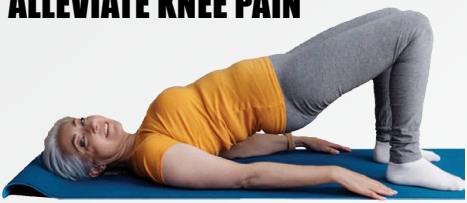
Exercise Essentials
Clamshells

OPTIMUMPHYSIO THERAPIES

Lie on your side with your knees bent and feet together. The side you want to exercise should be on top. While keeping your feet together, lift your top knee away from your bottom knee. Hold as instructed. Slowly return to starting position.



HOW HIP-STRENGTHENING EXERCISES CAN HELP ALLEVIATE KNEE PAIN



Hip-strengthening exercises enhance the knee's support system, helping evenly 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, often leading to pain.

Hip exercises can also help improve posture and alignment, which is vital in preventing knee strain and subsequent pain. At Optimum Physio Therapies, 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 Optimum Physio Therapies

At Optimum Physio Therapies, we'll guide you through the exercises that ensure you reap the maximum benefits while maintaining safety and efficiency. Our approach is always holistic, emphasizing the role of the hips as crucial players in alleviating knee pain and facilitating overall health and well-being.

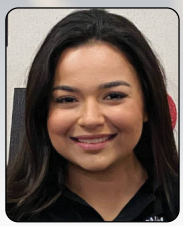
Here are some highly effective hip-strengthening exercises that have been shown to lessen knee pain:

- **Hip Bridges:** The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.
- **Clamshells:** The exercises are effective in strengthening the hip abductor muscles. By lying on your side and opening and closing your legs like a clamshell, you work on the muscles that are essential in maintaining knee alignment.
- **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.
- **Quadruped Hip Extensions:** Another fantastic exercise that strengthens the hip muscles and promotes a stable core, creating a well-balanced support system for your knees.

These hip-strengthening exercises can provide stability and support to the knee, potentially reducing the strain and 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 Optimum Physio Therapies today to get started!**



STAFF SPOTLIGHT

DR. KEYLA RODRIGUEZ
PT, DPT

Dr. Keyla, a native of Mission, TX. She earned her bachelor's degree in Exercise Science from UTRGV, laying the foundation for her journey into the field of physical therapy. Dr. Keyla recently graduated with her Doctorate degree at UIW, where she honed her skills and expertise to become a Doctor of Physical Therapy. During her free time, Dr. Keyla enjoys staying active and spending quality time with her loved ones. Whether she's on the pickleball court, hitting the weights at the gym, or simply cherishing moments with family, she finds joy in maintaining a balanced and fulfilling lifestyle.

PATIENT SUCCESS STORY!

"The process of getting to healing wouldn't have been as successful had I not come here."

"The staff at this place is phenomenal. I went in barely able to walk, and after a few weeks, I was pain-free. The process of getting to healing wouldn't have been as successful had I not come here. Every staff member was very knowledgeable and also very mindful of your body's limitations so as not to aggravate the issue further. Thank you to everyone at Optimum Physio!" **—Crystal D.**

We Want To Hear Your PT Success Story!

Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your FREE LASER THERAPY SESSION any time during your birthday month!

SONIA'S COOKING CORNER

SONIA'S AGLIO E OLIO PASTA

INGREDIENTS
- ½ cup of olive oil
- ½ tbsp garlic
- 2 tbsp parsley
- Salt
- Shredded parmesan
- Pasta (Don't break your noodles!)

INSTRUCTIONS:
Add ½ cup of olive oil to a pan on medium heat. Add ½ tbsp of garlic to pan. Then add 2 tbsp of parsley to pan. Mix and let simmer so the garlic can brown.

PASTA:
Add salt to water, covering the pot and bring to a boil. Then add pasta to boiling water for 8-12 minutes. Drain the pasta. Now mix in the sauce and stir. Add shredded parmesan on top and serve :)



Courtesy of Sonia

WATCH THE VIDEO FOR STEP-BY-STEP INSTRUCTIONS!

NEW!
NOW YOU CAN WATCH SONIA'S COOKING CORNER ON YOUTUBE!
Scan the QR code to visit our YouTube Channel.

WHAT'S NEXT AFTER PHYSICAL THERAPY

BUILD ON YOUR SUCCESS

WORKOUT WITH THE TEAM THAT ALREADY KNOWS YOU!

