



NEWSLETTER

OUR SERVICES

THERAPEUTIC EXERCISE

BALANCE TRAINING

POSTURAL RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

MYOFASCIAL RELEASE

**WALK AGAIN
WITHOUT PAIN**

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NEWSLETTER

WALK AGAIN WITHOUT PAIN



INSIDE:

- DIY Ice Pack Recipes
- Rainforest Smoothies

- Tips to Prepare for the Summer
- Relieve Pain in Minutes



Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been affected in some way or another. For more information regarding how our treatments can help you, give us a call today!

What causes knee and hip pain?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

How physical therapy helps:

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at Wise Physical Therapy are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHES AND PAINS!**

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DIY Ice Pack Recipes

1. (3) parts water to (1) part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the most soft and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. (2) parts liquid dish soap to (1) part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

<https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684>



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RAINFOREST SMOOTHIES

INGREDIENTS

- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tbsp honey

DIRECTIONS

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

<https://www.savoryonline.com/recipes/177717/rainforest-smoothie>



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Tips to Prepare for the Summer

- 1. Get outside!** Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!
- 2. Rearrange your schedule.** Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!
- 3. Get healthy for your summer team.** At Wise Physical Therapy, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.
- 4. Start something new!** Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.
- 5. Contact us for help.** If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us.

Relieve Pain In Minutes

Try this movement to find relief from knee pain.

Helps Relieve Knee Pain



KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



Patient Success Story



At the end of March 2021, I had a total knee replacement- four days after surgery, I had my first visit for physical therapy. I was sore, scared, and barely walking. However, the staff was caring, thoughtful, supportive, and motivating.

The therapist used my own hobbies to motivate me and brought them into the process. They are great at communicating and demonstrating the exercises and ways to adapt to various situations.

I have another total knee replacement coming up and will definitely be returning to Wise Physical Therapy.



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

FOLLOW US!

Look and feel your **BEST.**



"Our Mission is Movement!"



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