



NEWSLETTER

KICK YOUR KNEE PAIN TO THE CURB



OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

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NEWSLETTER



KICK YOUR KNEE PAIN TO THE CURB

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Wise Physical Therapy, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

Our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the source of your hip and knee pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

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

- Arthritis
- Tendonitis

- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

Arthritis: Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

Tendonitis: Repetitive stress and overuse type injuries are more common with tendon-related pains.

Sprains/ strains or cartilage injuries: These conditions are more commonly associated with slips, falls, and sports injuries.

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

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

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WHAT TO EXPECT FROM PHYSICAL THERAPY

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

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 treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

How physical therapy can help hip and knee pain

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!



Contact us today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Wise Physical Therapy to schedule an appointment. We offer the results you are looking for!

Sources:

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

<https://www.jospt.org/doi/10.2519/jospt.2017.0301>

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

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



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www.wisept.com**

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. We look forward to seeing you again soon!



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

KACHUMBER SALAD

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice



DIRECTIONS

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

EXERCISE ESSENTIALS

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg.



PATIENT SUCCESS STORY



"My experience at Wise Physical Therapy was super awesome!" - **Elaine P.**



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!



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Look and feel your **BEST.**



"Our Mission is Movement!"