



NEWSLETTER

YOU'RE INVITED TO OUR 2023
ANNIVERSARY EVENT!

FEBRUARY 17, 2023

It's our anniversary but we're celebrating YOU with a FREE consultation offer. Reservations are limited, please RSVP now by calling **352.604.3367**

FREE CONSULTATIONS ARE FOR:

- All past clients who have not been to PT recently
- All present clients who have another problem currently not being treated
- All family, friends, neighbors & co-workers of our past & present clients

CALL TODAY IF YOU ARE SUFFERING FROM:

- Low Back Pain
- Neck Pain
- Dizziness
- Knee Pain
- Sciatica
- Imbalance
- Shoulder Pain
- Arthritis
- And More...



Get Help At Our
Free Workshops

Why Am I
Experiencing Hip &
Knee Pain?

Don't Keep
Your Success A
Secret!



kinetix
PHYSICAL THERAPY

WWW.KINETIXPT.COM | 352.604.3367

NEWSLETTER



COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP & KNEE PAIN

For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb upstairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and

tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Kinetix Physical Therapy as soon as possible. We'll help you get moving freely once again!

WWW.KINETIXPT.COM | 352.604.3367

WHY AM I EXPERIENCING HIP & KNEE PAIN?

CALL US WITH ANY QUESTIONS AT 352.604.3367

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **ARTHRITIS.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **STRAINS.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **FRACTURES & BREAKS.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **DISLOCATION.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.
- **TEARS.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced in the painful area.
- **BURSITIS.** "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
- **TENDINITIS.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

So, what can I do? Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, Kinetix Physical Therapy has pain solutions.

- **FOOT LEVELERS ORTHOTICS.** One way to avoid hip and knee pain is by wearing Foot Levelers Orthotics. For nearly 70 years, Foot Levelers has been making custom orthotics that are clinically proven to help reduce pain and improve whole-body wellness by balancing the body from the ground up.
- **MANUAL THERAPY.** Manual therapy is just one tool in a physical therapist's kit that allows them to mobilization stiff joints and soft tissue. This specialized form of treatment helps in reducing swelling, decreasing restriction, mobilizing joints, and increasing your range of motion.



- **DEEP TISSUE LASER THERAPY.** Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help decrease inflammation, speed up the healing process, and increase circulation to the injured area.

ULTRASOUND DIAGNOSTIC IMAGING helps confirm the problem and provide the PT with information on providing you with the best plan to relieve or eliminate the pain.

Contact Kinetix Physical Therapy for additional assistance! Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important. At Kinetix Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. Schedule an evaluation with one of our expert physical therapists today to discover how you can live life with freely moving joints!

GET HELP AT OUR FREE WORKSHOPS

SHOULDER PAIN SUFFERERS:

- Do you have pain when reaching overhead?
- Is your shoulder pain keeping you awake?
- Is it hard to reach behind you?

BACK PAIN & SCIATICA SUFFERERS:

- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?

If you have answered YES to any of these questions, then our FREE workshops may be a life-changing event for you or a loved one. Learn about the common causes of your pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.

Register now at 352.604.3367 or kinetixpt.com.



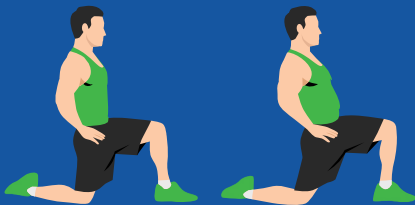
Stay tuned for new workshop topics!

PATIENT SUCCESS STORY

"I was having significant right hip pain from running. My PT's Mike and Jordan were able to identify the problem and then form a solid plan that they helped me execute to get me back to normal!" — **Jonathan**



MOVE OF THE MONTH



HIP FLEXOR STRETCH (KNEELING)

1. Kneel on your affected leg and bend your good leg out in front of you, with that foot flat on the floor. If you feel discomfort in the front of your knee, place a towel under your knee.
2. Keeping your back straight, slowly push your hips forward until you feel a stretch in the upper thigh of your back leg and hip.
3. Hold the stretch for at least 15 to 30 seconds. Repeat 2 to 4 times.

Don't Keep Your Success A Secret!

Leave a review for our practice & help us connect with the community. We make it easy to leave a review! Scan the code with your camera app, and post your success story on our Google Reviews page.



kinetix
PHYSICAL THERAPY

**ARE YOU IN PAIN? HAVE YOU SUSTAINED
AN INJURY? GIVE US A CALL TODAY!**

352.604.3367