



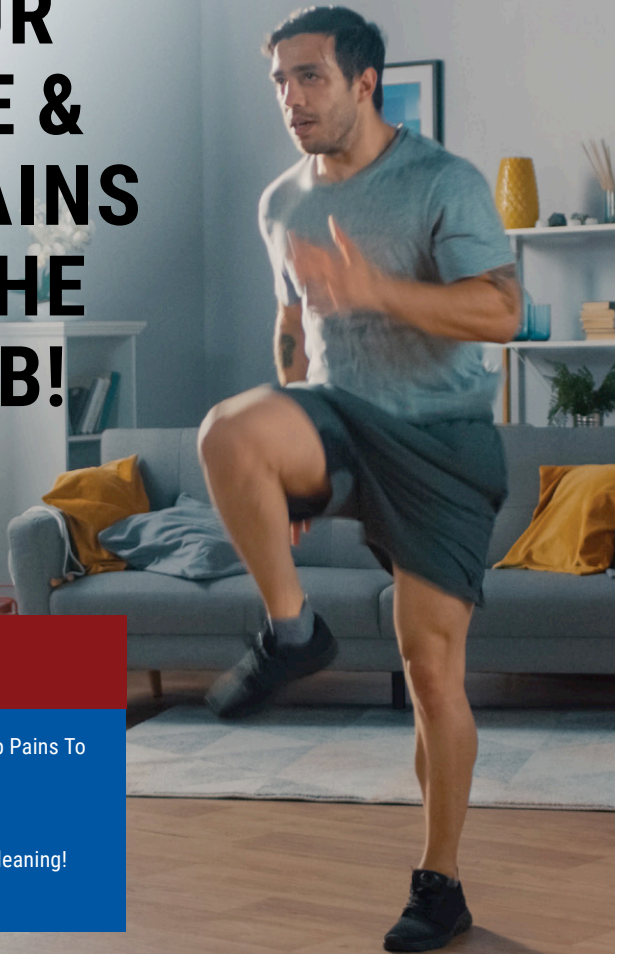
Health & Wellness

The Newsletter About Your Health And
Caring For Your Body

KICK YOUR KNEE & HIP PAINS TO THE CURB!

INSIDE:

- Kick Your Knee & Hip Pains To The Curb!
- Exercise Essential
- Benefits Of Spring Cleaning!
- Free Workshops





Health & Wellness

The Newsletter About Your Health And Caring For Your Body

KICK YOUR KNEE & HIP PAINS TO THE CURB!

**CALL US TODAY! MISSOURI 573.769.6166
SOUTH CAROLINA 843.536.4888**



Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Priority Physical Therapy today for relief!

Correcting your knee and hip pains with PT treatments:

At Priority Physical Therapy, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through

several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

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ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

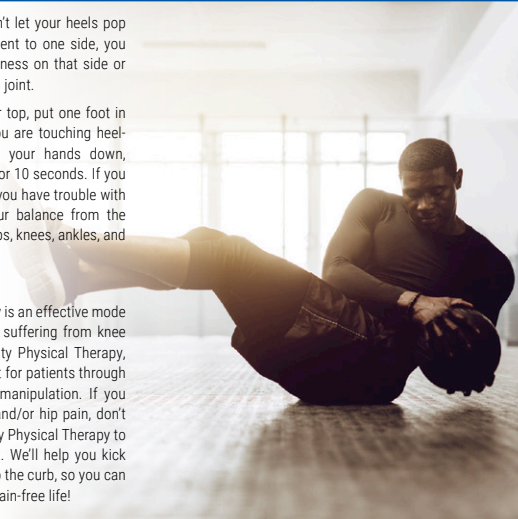
- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost

touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.

- Standing near a counter top, put one foot in front of the other so you are touching heel-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

Contact us today:

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Priority Physical Therapy, we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact Priority Physical Therapy to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!



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EXERCISE ESSENTIAL

RESISTED LATERAL STEPPING

Wrap a resistance band just above both ankles. Stand with both legs hip-width apart so that there is tension on the band. Keeping your chest upright, back straight, and knees slightly bent, take a large step with one foot away from the opposite foot. Follow through by stepping in the same direction with the second foot, back into the original stance. Repeat this same maneuver into the opposite direction. Keep moving back and forth to the right and left in this manner until you have repeated the exercise at least 10 times.



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BENEFITS OF SPRING CLEANING!

- 1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- 2. 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.
- 3. 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.

Sarbu, 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>.

MISSOURI
573.769.6166

SOUTH CAROLINA
843.536.4888

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FREE WORKSHOPS

Knee Pain Workshop

March 16, 2021

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166



Shoulder Pain Workshop

March 16, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888



How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

Our Team Is Getting Vaccinated!



Above is a picture of our staff who have completed their COVID-19 vaccine. To the left is a picture of Kim receiving the second dose of her COVID-19 vaccine. Our team is getting vaccinated to keep each other, our patients and our community safe.



SHAMROCK GREEN SMOOTHIE



INGREDIENTS:

- 1 cup plain Greek yogurt
- 2 bananas, frozen
- 2 handfuls spinach (about 1-2 cups)
- 1 green apple, core removed
- 1 teaspoon vanilla extract
- 2 cups water or milk (non-dairy if necessary)
- Honey to taste (optional)

DIRECTIONS:

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>

Spread
Some
Luck!

Do you have friends or family who can't:

- Move without pain
- Bend & move freely
- Balance comfortably & securely
- Sit for long periods
- Walk long distances
- Live an active & healthy lifestyle

Have your friend
call us today for
a FREE 15-Minute
Screening
with a Physical
Therapist!

