



**Priority  
Physical  
Therapy**

## **Health & Wellness**

*The Newsletter About Your Health And  
Caring For Your Body*



## *Solutions For Hip & Knee Pain*

### **INSIDE:**

- Solve your hip & Knee Pain This Spring With Physical Therapy
- Staff Spotlight
- Healthy Recipe



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# Health & Wellness

The Newsletter About Your Health And Caring For Your Body



## SOLVE YOUR HIP & KNEE PAIN THIS SPRING WITH PHYSICAL THERAPY

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Priority Physical Therapy, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

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 is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the

hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities. If your hip or knee pain limits you from living the life you want, don't hesitate to contact Priority Physical Therapy as soon as possible. We'll help you get moving freely once again!

### WHAT CAUSES HIP AND KNEE PAIN?

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.
- **Tears and ruptures.** There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of

motion. Most tears result from some trauma or sports-related accident.

- **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 trauma, resulting 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!
- **Strains and Tendonitis.** Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

# HOW WE CAN HELP HIP & KNEE PAIN

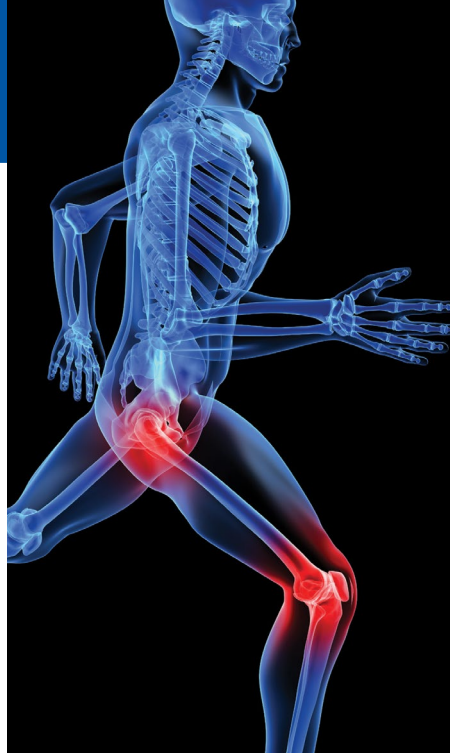
Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain. This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome. Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength. Physical therapy will provide the foundation for success while reducing future injuries!

## CONTACT US TO SCHEDULE AN APPOINTMENT

At Priority 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. Any problems that are discovered early ensure that your joints are working at their peak performance. Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!

Sources: 1. <https://pubmed.ncbi.nlm.nih.gov/33560326/> 2. <https://www.jospt.org/doi/10.2519/jospt.20170301.3> 3. <https://pubmed.ncbi.nlm.nih.gov/30126395/> 4. <https://pubmed.ncbi.nlm.nih.gov/2559130/>



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

## 3 Tips For Pain-Free Gardening

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine. Here are a few tips to ensure you avoid injury and make the most out of gardening this season:

**1. WARM-UP FIRST.** Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

**2. PRACTICE PROPER TECHNIQUE.** One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back,

the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

**3. TAKE BREAKS.** Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

### ARE YOU READY TO ENJOY GARDENING THIS SEASON?

Practicing these three tips will help you prevent injury and make the most out of this season!

# Free Hip Pain Workshop

## Hip Pain Workshop

May 17<sup>th</sup>, 2022

6:30 PM | Palmyra, MO

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



## Hip Pain Workshop

May 17<sup>th</sup>, 2022

6:30 PM | Florence, SC

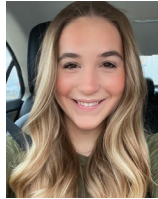
2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.536.4888

## 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.

## STAFF SPOTLIGHT

### Samantha Rhoderick



Samantha Rhoderick is Priority Physical Therapy's new Patient Care Coordinator. Samantha enjoys all things sunshine and being active with her family. Samantha and her husband, Jakob, recently relocated to the area. They are both joined by their 4-month-old Goldendoodle, Ripp. Sam enjoys being the light

of our patients' day as they prepare for therapy. She is very excited to be a part of PPT and eager to get to know the Palmyra community.

## IS IT TIME FOR YOUR NEXT APPOINTMENT?

Call us today or visit our website at [prioritypt.net](http://prioritypt.net).



[WWW.PRIORITYPT.NET](http://WWW.PRIORITYPT.NET)



## DID YOU KNOW...

*The Empire State Building opened its doors on May 1, 1931. At the point of its construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of New York City!*

## HEALTHY RECIPE: SHRIMP FRIED RICE

### INGREDIENTS

- 1½ c water
- 1 c instant brown rice
- 2 tbsp hoisin sauce
- 4 tsp soy sauce
- 2 tsp toasted sesame oil
- 4 tsp canola oil, divided
- 2 large eggs, lightly beaten
- 8 oz peeled, raw shrimp
- 2 tsp minced fresh ginger
- 4 cups stringless snap peas
- 1 medium red bell pepper, cut into ½-inch pieces
- 2 medium carrots, sliced
- 4 scallions, chopped



**INSTRUCTIONS:** Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10-12 min. Spread the rice out on a large baking sheet to cool. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside. Heat 1 tsp canola oil in a large nonstick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 sec. Transfer the egg to a bowl. Add another 1 tsp canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1½ to 2 min. Transfer the shrimp to the bowl. Heat the remaining 2 tsp oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 sec. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 min. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.

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