ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



KNEE AND HIP PAIN RELIEF

PHYSICAL THERAPY CAN HELP RESOLVE YOUR PAIN!

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Rocky Mountain Physical Therapy today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing Your Pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Rocky Mountain Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.

Visit Us Online www.rockymtnpt.com or Call Today!

HOW PT CAN HELP KNEE AND HIP PAIN



Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Rocky Mountain Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

What You Can Expect at Physical Therapy

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to Stay Active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise Therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

Contact Our Clinic Today

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Rocky Mountain Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

ROCKY MOUNTAIN PHYSICAL THERAPY

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Source: https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain; https://painphysicianjournal.com/current/pdf?article=NTIwOQ%3D%3D&journal=111; https://www.oarsijournal.com/article/S1063-4584(02)90796-X/pdf; https://www.sciencedirect.com/science/article/pii/S1063458414013429; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8022067/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/; https://doi.org/10.1016/j.pmn.2020.12.011

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FREE PAIN CONSULTATION

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CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 08-23-23

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Loveland	(970) 436-4496
Windsor	(970) 579-7689
Greeley	(970) 436-4617
South Fort Collins	(970) 510-8262
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Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

rockymtnpt.com

EXERCISE ESSENTIALS

KNEE GAPPING

Mobilizes the knee capsule and allows synovial fluid to lubricate the joint.

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.



PT WIRED www.ptwired.com

Always consult your physical therapist before starting exercises you are unsure of doing.

HEALTHY RECIPE

LEMON ROSEMARY SALMON



- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt & pepper to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

https://www.allrecipes.com/recipe/80388/lemon-rosemary-salmon/

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