



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 Aspen Rehab today to make an appointment. With guidance from one of our physical therapists, 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 Aspen Rehab, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU



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

Our therapists are highly trained 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 stretching 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 Aspen Rehab today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

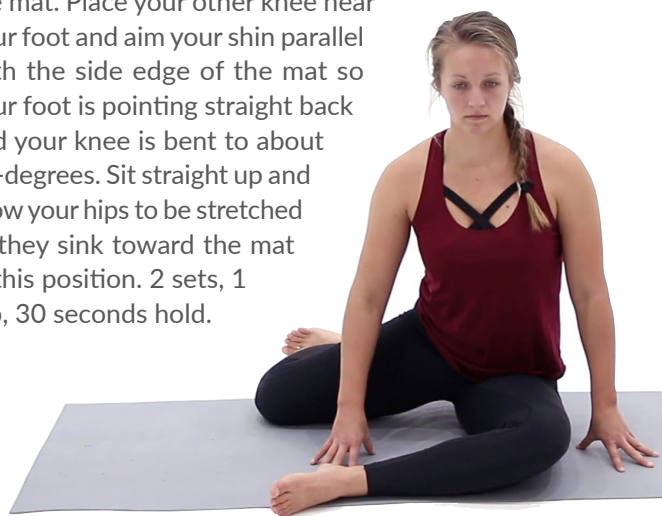
CLICK HERE to make your appointment today!

EXERCISE ESSENTIALS

90/90 HIP STRETCH

Improves Hip Flexibility

Start by sitting up straight on a mat. Take one leg and make your shin parallel with the front of the mat and your knee at a 90-degree angle with your leg on the mat. Place your other knee near your foot and aim your shin parallel with the side edge of the mat so your foot is pointing straight back and your knee is bent to about 90-degrees. Sit straight up and allow your hips to be stretched as they sink toward the mat in this position. 2 sets, 1 rep, 30 seconds hold.



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

Source: <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>; <https://painphysicianjournal.com/current/pdf?article=NTlwOQ%3D%3D&journal=111>; [https://www.oarsijournal.com/article/S1063-4584\(02\)90796-X/pdf](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.jpmn.2020.12.011>

IS WALKING DIFFICULT?

KNEE AND BACK PAIN



Our patient Joseph experienced knee arthritis, back pain and walking difficulties. After treatment at Aspen Rehab Coral Springs, he is pain-free and very happy to be able to do his daily activities.

PLAY VIDEO

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

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Get Your Life Back. Choose Aspen Rehab.



HEALTHY RECIPE

BALSAMIC BERRY VINAIGRETTE SALAD

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/ goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>