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k i n t s u g i
PHYSICAL THERAPY & WELLNESS

Health & Wellness Newsletter



Physical Therapy Solutions for Hip and Knee Pain

Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317





Enjoy Your Summer Pain-Free

INSIDE:

- Healthy Grilling
- Patient Experience
- Healthy Recipe
- Exercise To Try At Home

PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body’s weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Kintsugi Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes of Hip, Knee, And Leg Pain

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you’re experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Sprains and strains
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Pinched nerves
- Dislocations

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the “hip,” they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

Continued inside.

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Continued from previous page.



A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physical Therapy Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Call Our Clinic Today

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact Kintsugi Physical Therapy today, and tell us about your symptoms. We offer the results you are looking for!

HEALTHY RECIPE



The Detoxifier Juice Recipe

INGREDIENTS

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

DIRECTIONS

Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>



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EXERCISE TO TRY AT HOME

KNEE ECCENTRIC AROM

Try this exercise to help relieve knee pain.

Start by standing with your feet in a comfortable squat stance around shoulder-width apart. Brace your abdominals and bend at your hips and knees slowly to lower your butt toward the ground. Make sure to keep your chest up and your heels down. The descent should be slow and controlled and take about 4 seconds. Once you have reached a comfortable range of motion, straighten out your legs relatively quickly to stand back up in about one second.



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PATIENT EXPERIENCE

"Kintsugi Physical Therapy is set apart from the rest! I had a total knee replacement in January and heard great things about Ann. So I switched PTs from another clinic to this one and I am so glad I did. Ann was my main PT and is extremely knowledgeable on knee replacement surgeries and was able to guide me through exercises and guide me on what I should expect after a major surgery. Emily was Ann's back up and both of them could see that I could benefit from the Astym therapy to help with my scar tissue. Emily is trained in this area and I had several weeks of this therapy which turned out to be highly effective. The doctors don't tell you much about post-surgery and I learned it all here at this clinic from Ann and Emily. They really want you to improve after surgery and do their very best to make that happen. And then there is Bryce, the massage therapist. They work as a team here and he listened to Ann and Emily on what I needed work on and he is amazing at making that happen. Front desk Sarah is so friendly and it is very easy to schedule and reschedule here. I can't say enough good things about this clinic. So good that I plan on going back there this year to have them work on me so I don't have to go in for another major surgery on my other knee. I highly recommend this clinic to anyone looking for an honest, friendly, knowledgeable and professional team of Physical Therapists and staff. They deserve more than 5 stars! Thank you all!" —Eileen S.

We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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HEALTHY GRILLING

Enjoy Those Summer Cookouts While Eating Healthy With These Tasty Alternatives.

MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients — olive oil, basil and sundried tomatoes — are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

The physical therapists at Kintsugi Physical Therapy & Wellness can help you get stronger, healthier, and more active this summer. Call today!

