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

**Health & Wellness  
Newsletter**



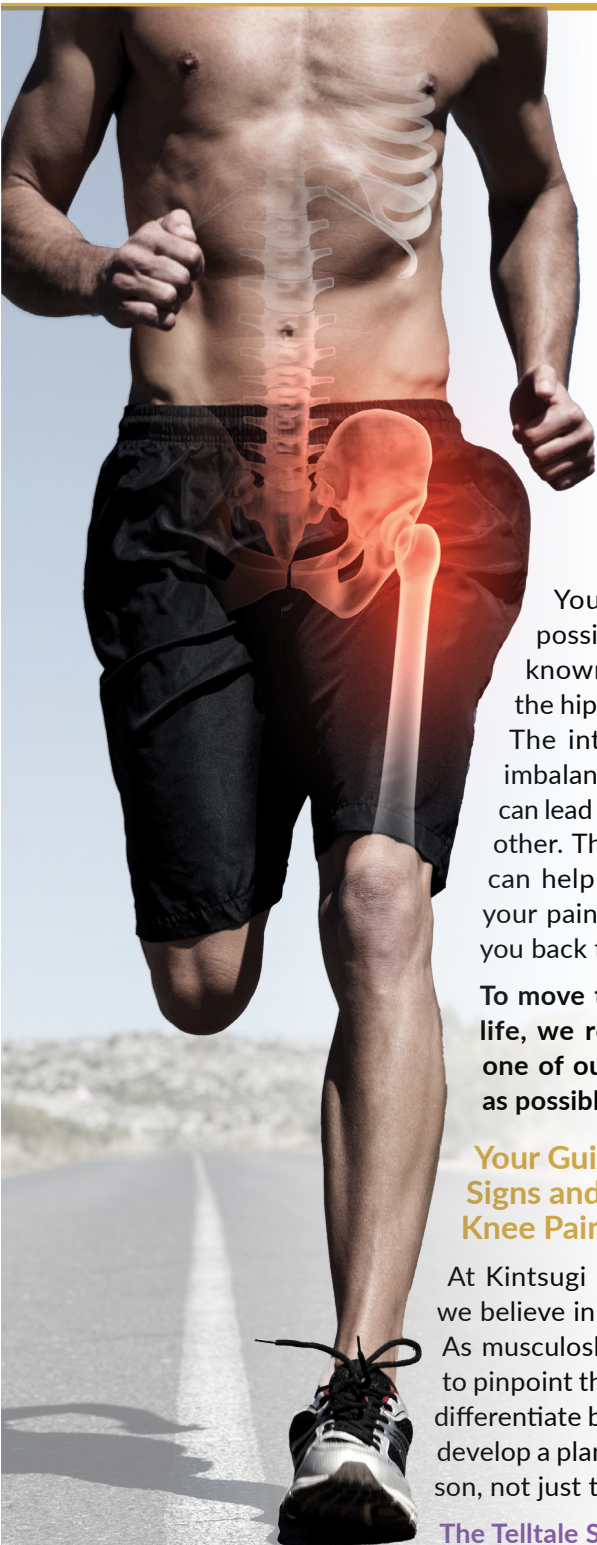
# The Connection Between Hip and Knee Pain

**UNCOVER LONG-LASTING PAIN  
RELIEF WITH DRY NEEDLING**  
FIND OUT MORE INSIDE!



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

**253.220.4317**



## THE CONNECTION BETWEEN HIP AND KNEE PAIN

### *Did you know...*

...for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Kintsugi Physical Therapy, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our therapists can help you figure out the source of your pain and, more importantly, guide you back to health.

**To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!**

### Your Guide to Recognizing the Signs and Symptoms of Hip and Knee Pain

At Kintsugi Physical Therapy & Wellness, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

#### The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized

discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.

- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

#### Classic Indicators of Knee Pain

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.

*Continued inside.*

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- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in diagnosing and treating pain effectively. This is where the expertise of our physical therapists can help!

### Navigating the Path to Recovery with Kintsugi Physical Therapy & Wellness

At Kintsugi Physical Therapy & Wellness, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

**Tailored Therapeutic Exercises:** Our therapists will provide you with stretching and strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.

**Neuromuscular Re-education:** This involves using exercises and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

### Follow These Simple Steps to a Pain-Free Life

Are you ready to embrace a lifestyle that promises better mobility and less pain? **At Kintsugi Physical Therapy & Wellness, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!**

**Call today to schedule an appointment!**



## FRESH CORN CAKES WITH SUMMER SALSA

### INGREDIENTS

- ¾ cup white whole-wheat flour
- ½ cup plain yellow cornmeal
- 2 tsp baking powder
- ¼ tsp kosher salt
- ½ tsp black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tbsp olive oil
- 1 ¼ cups fresh corn kernels
- 2 tbsp minced jalapeño
- ½ cup diced yellow squash
- ¼ cup chopped green onions
- ¼ cup chopped basil
- 1 ½ tsp white wine vinegar
- 1 medium tomato, chopped

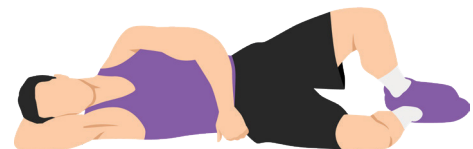
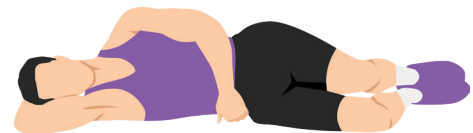
**DIRECTIONS:** Combine flour, cornmeal, baking powder, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about ⅓ cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

<https://www.myrecipes.com/recipe/fresh-corn-cakes-summer-salsa>

## EXERCISE TO TRY AT HOME

### CLAMSHELLS

Lie on your side with your knees bent and feet together. The side you want to exercise should be on top. While keeping your feet together, lift your top knee away from your bottom knee. Hold as instructed. Slowly return to starting position.



**Try this to strengthen the hips and core.**

# UNCOVER LONG-LASTING PAIN RELIEF WITH DRY NEEDLING



Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

**If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact us today!**

## What Exactly Is Dry Needling?

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The needles are not used to inject medication, but rather to stimulate the tissue.

Dry Needling is not a form of traditional Eastern Acupuncture, but a form of Western Acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.



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# PAST PATIENTS DOING WHAT THEY LOVE



**Wearing Kintsugi PT t-shirts.**

Send us your pics wearing our shirt and you may see yourself in the newsletter.



**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.

**KintsugiPT.com**

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