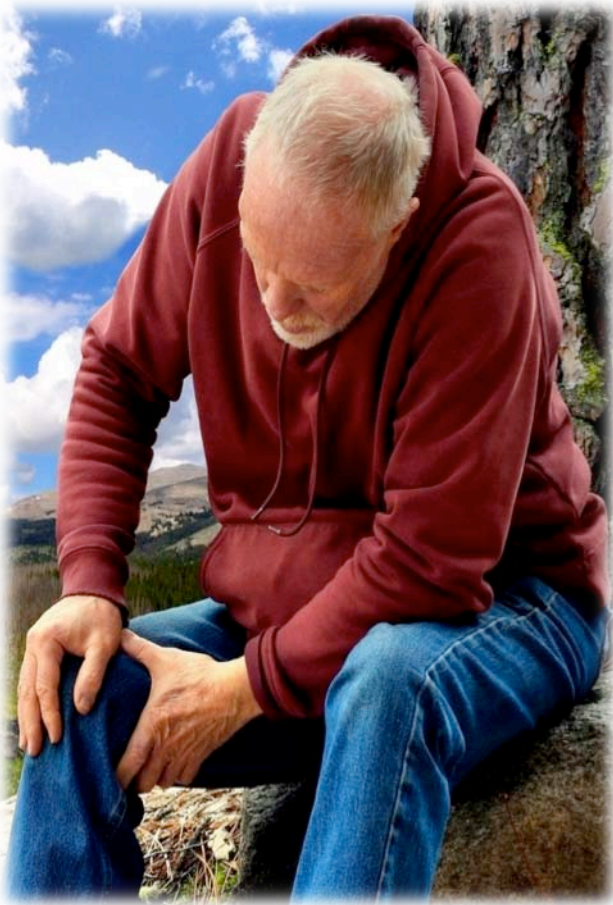


# End Your Knee and Hip Pain

**Do you have any of the following?**



## **Knee Conditions**

- Sprain / Strain
- Patellofemoral Syndrome
- ACL Injury / Reconstruction
- Meniscus Tear/ Repair
- Bursitis / Tendonitis
- Ligament Injuries and Repairs
- Limited range of motion
- Pre / Post Knee Joint Replacement
- Arthritis
- Knee pain and Stiffness
- Knee Swelling
- Difficulty Walking
- Recovery from arthroscopy
- Knee Cap Pain

## **Hip Conditions**

- Total Hip Replacement
- Piriformis Syndrome
- Bursitis
- Post- Operative Fracture
- Arthritis Hip Pain

**We can help!**

# What is knee pain?

Knee pain is a very common condition affecting both active and sedentary individuals alike. Often, knee pain results from an injury, such as a ruptured ligament or torn cartilage, but can also be attributed to chronic conditions such as arthritis. Depending on the type and severity of damage, knee pain can be minor or it can lead to severe discomfort and disability.

A knee injury can affect any of the structures around your knee joint, as well as the bones, cartilage and ligaments that form the joint itself. The pain can come on immediately with injury, or have a gradual onset that you notice with daily activities.



Depending on the specific cause of the knee pain, symptoms will vary, but may include:

- Swelling of the joint.
- Pain in or around the knee.
- A crunching or grinding sound when weight is placed on the knee.
- Loss of motion.
- Feeling of the knee 'giving-way' (or instability).
- A sensation of snapping in the knee when bending.

You should contact the doctor if you are unsure of the cause of the symptoms or if you do not know how to treat the symptoms. Here are some common signs to watch for:

- Inability to walk comfortably on the affected side.
- Injury that causes deformity around the joint.
- Knee pain that occurs at night or while resting.
- Knee pain that persists beyond a few days.
- Locking (inability to bend) the knee.
- Swelling of the joint or the calf area.
- Signs of an infection, including fever, redness, warmth.
- Any other unusual symptoms.

# What is hip pain?

The hip is a "ball and socket" joint formed by the pelvic bones (the socket or acetabulum) and the top of the femur bone (the ball). The hip is considered a weight-bearing joint and plays an important part in normal walking. Hip pain describes pain in or around the hip joint. Hip related pain can also radiate down into the thigh or groin or up into the low back. Hip pain is a common problem, and it can be confusing because there are many causes. The most common causes of hip pain are arthritis, bursitis, muscle strain, and nerve irritation.



Depending on the specific cause of the hip pain, symptoms will vary, but may include:

- Swelling of the joint.
- Pain in or around the hip.
- Loss of motion.

You should contact the doctor if you are unsure of the cause of the symptoms or if you do not know how to treat the symptoms. Here are some common signs to watch for:

- Inability to walk comfortably on the affected side
- Injury that causes deformity around the joint
- Hip pain that occurs at night or while resting
- Hip pain that persists beyond a few days
- Inability to bend the hip
- Swelling of the hip or the thigh area
- Signs of an infection, including fever, redness, warmth
- Any other unusual symptoms

## Diagnosis of Hip and Knee Pain

The doctor will take a medical history, perform a physical examination and probably order some tests to rule in or out certain injuries. You may receive an x-ray or an MRI. Sometimes they will need to do arthroscopic surgery to look inside the knee and see what the cause of the pain is. Once the root of the cause is figured out your physician may refer you to Physical Therapy.

# How we help your knee and hip pain

A knee or hip problem can put you out of commission, quick. Back and hip pain often go together. If you have pain, swelling, stiffness and difficulty walking and cannot bear weight you need a licensed physical therapist to help you. Depending on the severity and extent of your knee pain, your doctor may suggest physical therapy to help with your pain.

At PRS your pain and difficulty moving is extensively evaluated by trained and knowledgeable orthopaedic and manual certified physical therapists using manual, hands-on techniques. They have years of training in the medical evaluation of musculoskeletal conditions. Your physical therapist then discusses with you as he evaluates your body the findings and formulates a treatment plan addressing the root causes of your pain. .



The **goal** of physical therapy is to restore range of motion, relieve pain, as well as improve functional strength and stability of the knee or hip to prevent re-injury. The plan may include modalities such as ultrasound to relieve your pain, specialized gentle manual therapy to increase your soft tissue and joint mobility, and a customized easy to do exercise program to strengthen key areas and prevent further injury.

## **Treatment may include some or all of the following:**

- Exercises for stretching and strengthening.
- Behavioral Modification (to decrease wear and tear on the knee).
- Modalities such as electrical stimulation, ultrasound or iontophoresis.
- Manual Therapy to increase your joint mobility
- Bracing or Assistive Devices.

## **Call us to make an appointment if you have:**

- Knee pain or stiffness that gets worse over time, from overuse or osteoarthritis.
- Sudden injury, rupture or tearing of the anterior cruciate ligament while playing sports, falling or some other accident.
- Rehab after knee or hip surgery, including total hip replacement, total knee replacement, or repair of the ACL or surgical treatment of a torn meniscus.

- Hip arthritis, bursitis & tendonitis.
- Hip fracture or muscle strain.

## Free Consultation

Call for a [Free 15 Minute Consultation](#) with a Physical Therapist to see if we can help you with your pain today!

## Download our Referral for your care

Download our referral and let your physician know we are **your choice** forgetting you “pain free”.

- [Physical Therapy Referral](#)

