



NEWSLETTER

COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP AND KNEE PAIN

INSIDE:

- Quick Tips To Prevent Your Pain
- Healthy Recipe: Blueberry Muffin Overnight Oats
- Patient Success Spotlight
- Covid-19 Update





NEWSLETTER

ATTENTION
CURRENT
PATIENTS:
CONTACT US
FOR HOME
EXERCISES!

CELEBRATE! LEAVING PERSISTENT HIP & KNEE PAIN BEHIND & LEARNING HOW PHYSICAL THERAPY CAN HELP

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For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Balance In Motion as soon as possible. We'll help you get moving freely once again!

Why Am I Experiencing Hip And/Or Knee Pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.



QUICK TIPS TO PREVENT YOUR PAIN

- **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.
 - **Bursitis.** "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
 - **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.
- Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:
- **Wearing properly fitted shoes.** One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.
 - **Using cold and hot remedies.** Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.
 - **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.
 - **Listening to your body.** At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break. Contact Balance In Motion for additional assistance!
 - **Having a regular physical therapy checkup.** This ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At Balance In Motion, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. **Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!**

www.bimptnyc.com

HEALTHY RECIPE: BLUEBERRY MUFFIN OVERNIGHT OATS



INGREDIENTS

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

INSTRUCTIONS

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

EXERCISE ESSENTIALS

Strengthen Hips



SIDE-LYING CORE ACTIVATED LEG CIRCLES

Lie on your side with bottom leg bent and top one straight. Hand flat on floor in front, near your chest. Tighten your lower abdominals to keep your trunk still. Point the toes of the top leg and slowly make small circles first clockwise, then counterclockwise keeping the knee straight ahead or slightly upward. Repeat 5 times on each leg.



CALL OR TEXT TODAY!

PATIENT SUCCESS SPOTLIGHT



***"STAFF IS PROFESSIONAL,
KIND, AND COURTEOUS!"***

"Dr. Derek Kim is the best Physical Therapist I have been to in the last 35 years! His manual therapy, hands-on approach and whole body wellness are perfect for the chronic neck and back pain I deal with. He uses a combination of treatment that includes a medical massage therapist which is the best. His staff is professional, kind, and courteous! Dr. Kim's office has always impressed me with cleanliness and hygiene standards but during the Covid scare, he has gone above and beyond to make you feel safe and comfortable. His medical team is top notch. He accepts most insurance plans, thank you!" - **C.M.**

SPINAL DECOMPRESSION THERAPY

Click to watch this short introduction film on decompression therapy



Spinal decompression is a revolutionary non-surgical treatment option called decompression therapy for those suffering from a herniated disc and/or pinched nerve in the back or neck.

Decompression therapy is a painless, minimally-invasive treatment for the back or neck that facilitates healing and restores the normal functioning of the spine. With spinal decompression therapy, patients have a safe and comfortable way of treating back and neck pain associated with a number of common conditions.

Conditions Treated with Decompression Therapy:

- Herniated/Bulging Discs
- Degenerative Discs
- Spinal Facet Arthritis
- Pinched Spinal Nerves
- Spinal Stenosis

For more information and to see if you are a candidate for Spinal Decompression Therapy, request an appointment with Balance in Motion Physical Therapy.

www.bimptnyc.com

COVID-19 UPDATE

Our staff is taking extra steps to ensure the cleanliness of the clinic space upon our reopen. You may notice some changes that we have implemented to protect our patients and staff.

If you have any questions about your appointments, please reach out to us.

We are following the recommendations of the CDC. It is very important for our patients to understand that you need to get your information from reliable sources. We do NOT recommend that you trust any information posted on social media. This includes re-posts of articles. Always seek out information directly from the source.

(347) 535-5354

COUPON CORNER

FREE 15 MINUTE CONSULTATION



BALANCE IN MOTION
Physical Therapy · Chiropractic · Medical Massage · Acupuncture

CALL/TEXT TO SCHEDULE TODAY!

(347) 535-5354

Offer valid for the first 20 people to schedule.
Expires 1-31-21