



STEP INTO COMFORT!

SOLUTIONS FOR HIP AND KNEE PAIN

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at ReQuest Physical Therapy, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

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 is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact ReQuest Physical Therapy as soon as possible. We'll help you get moving freely once again!

What causes hip and 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.

Tears and ruptures. There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

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 trauma, resulting 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!

Strains and Tendonitis. Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are

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HAPPY HIPS JOYFUL KNEES!



experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

How physical therapy can help hip and knee pain

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Physical therapy will provide the foundation for success while reducing future injuries!

Contact us to schedule an appointment

At ReQuest Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!

**COME BACK TO PT
THIS FALL!**



**CLICK HERE TO
SCHEDULE YOUR
APPOINTMENT TODAY!**



WHY REQUEST?

"Friendly and knowledgeable staff. Samantha was able to accommodate the type of therapy I needed with all the different massage therapists they have. Thank you ReQuest!"

– S.H.

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FREE BACK PAIN SCREENING

ReQuest

PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR
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Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 09-29-23



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!



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GAINESVILLE



REVIEW US
TIOGA

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EXERCISE ESSENTIALS

HIP ABDUCTION (QUADRUPED)

Try this movement to strengthens your hips

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



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

HEALTHY RECIPE

SIMPLE ROSEMARY SUMMER SQUASH

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- Non-stick cooking spray or veggie broth or water
- 2 cloves garlic, minced or zested
- 4 C chopped summer squashes, like zucchini or yellow or patty pan squash
- 1 C red onion, chopped or sliced
- 1-2 tbsp. fresh rosemary, minced or 1-2 tsp. dried rosemary



Directions

1. In large skillet, apply a thin film of non-stick cooking spray or 2-3 tablespoons of water or veggie broth.
2. Warm to medium heat. Add garlic, squash, and onion. Cook for 3-5 minutes or until desired tenderness.
3. Turn off burner and stir in rosemary. Let rest 2-5 minutes.
4. Enjoy as is or with chicken or turkey breast or wild caught salmon!

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

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JULY

CLINIC NEWS

GET TO KNOW MACY!

Macy graduated with her doctorate in Physical Therapy in August from the University of St. Augustine for Health Sciences. Macy truly has a heart for people and loves helping patients of all ages and fitness levels reach their goals. Outside of the clinic, Macy enjoys spending time with her family, friends, and dogs. Macy is an avid downhill skier and often goes kayaking. She is currently training for her first marathon.



IN THE COMMUNITY

David Gonzalez, LMT offering chair massage sessions at a community event



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CLINIC NEWS

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Hydration Tips

Carry a Water Bottle

Always have a water bottle on hand and sip from it regularly throughout the day. Keeping water accessible makes it easier to stay hydrated.

Set Reminders

Setting reminders on a phone or using a timer can help ensure that you remember to drink fluids at regular intervals.

Eat Water-Rich Foods

Consume water-rich fruits and vegetables like watermelon, cucumber, oranges, and celery as they contribute to overall hydration.

Monitor Urine Color

Monitoring the color of your urine can be a helpful indicator of hydration. Pale yellow urine indicates adequate hydration, while darker colors may signal dehydration.

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ALPHONSO PULLING UP!



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