



HIP, KNEE, AND LEG PAIN

What Causes Hip, Knee,
and Leg Pain?

Exercise Essentials

Healthy Recipe

4 Ways to Make
Hydration a Habit



HIP, KNEE, AND LEG PAIN

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

WHAT CAUSES 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.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

OUR SERVICES

- Manual Physical Therapy
- Spine Rehabilitation (Neck, Low Back, Spinal Stenosis, Disc Herniation, Sciatica, DJD/DDD/Arthritis, Post Surgery)
- Sports Medicine
- Vestibular Rehabilitation
- Balance Rehabilitation
- Hand Therapy
- Kinesiology Taping
- Musculoskeletal Disorders
- Laser Therapy
- Epicondylitis, Bursitis, Tendonitis
- Sprains & Strains—all regions of the body
- Patellofemoral Pain
- Hip, knee, foot/ankle, and shoulder
- Chronic pain / Fibromyalgia
- Weakness or loss of motion
- Pre- and post-operative conditions
- Carpal Tunnel Syndrome

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.



WHAT ARE THE SYMPTOMS OF HIP, KNEE, AND LEG PAIN?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. 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 Can Help

In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

<https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>

<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>

<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

EXERCISE ESSENTIALS

KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.

This exercise helps to relieve knee pain.



HEALTHY RECIPE



FRUIT SPARKLERS

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

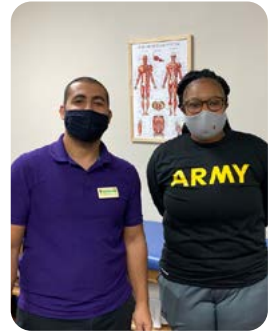
Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.



ANGELA ALLDRIDGE FRONT DESK RECEPTIONIST

Angela Alldridge joined the Cornerstone team in December 2020, as a Front Desk Receptionist. She has worked in the medical field since 2003. She has exceptional customer service and really cares for the well-being of every patient that walks in the door and always goes above and beyond. Angela is happy to be a part of the Cornerstone PT family and we are so grateful she joined the team!

SUCCESS STORY



"I would highly recommend Cornerstone physical therapy! Dr. Basem was amazing. When I came in, a week after knee surgery, I was on a walker and little to no movement or range of motion. Within a week or two I was walking on my own with no assistance devices. My experience was great! Thank you so much Dr. Basem!"

-Bre R.

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4 WAYS TO MAKE HYDRATION A HABIT



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking water.
3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



OUR LOCATION

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OUR HOURS

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