



TURN AWAY FROM HIP PAIN *Physical Therapy Can Help You Recover*

INSIDE:

- *What You Can Expect From Our Programs*
- *Healthy Recipe*
- *Patient Success Spotlight*





TURN AWAY FROM HIP PAIN

Physical Therapy Can Help You Recover

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Cornerstone Physical Therapy today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

What is causing your pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. Our therapists are skilled and identify the source of the issue and help you find a solution.

How physical therapy can help you.

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Cornerstone Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

(Continued Inside)

WHAT YOU CAN EXPECT FROM OUR PROGRAMS

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

Contact our clinic today

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Cornerstone Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Sources:
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FREE 15 MIN. CONSULTATION



CALL TO SCHEDULE TODAY!

We Look Forward To Hearing From You!

(817) 826-9757

5517 S Hulen St,
Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires May 31st, 2022

EXERCISE ESSENTIALS

Try this exercise to relieve hip pain.



HIP ADDUCTOR

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

HEALTHY KACHUMBER SALAD

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice



DIRECTIONS

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

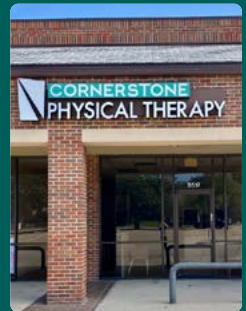
PATIENT SUCCESS STORY



"After dealing with and struggling with shoulder pain for several months, I opted to try physical therapy. My decision, Cornerstone Physical Therapy. Dr. Mankerious and his staff made me feel right at home. I started with treatments twice per week and then once weekly. A combination of physical therapy combined with deep tissue laser therapy. Not only did my symptoms improve, but my arm and shoulder range of motion improved as well. I also learned some basic therapies I continue to use on my own. Thank you Dr. Mankerious and staff for everything you did. You guys are the best. Sincerely, Nurse Alfred." -Alfred R.

CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



WE CAN'T WAIT TO SEE YOU!

COME BACK TO PT!

Are you experiencing hip or knee pain? Call us today to schedule your appointment.



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