



PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Cornerstone Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes of 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.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

Visit Us Online [TheCornerstonept.com](https://www.thecornerstonept.com) or Call Today (817) 826-9757

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the “hip,” they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. 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 Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact Cornerstone Physical Therapy today, and tell us about your symptoms. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>; <https://pubmed.ncbi.nlm.nih.gov/30126395/>; <https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>
<https://pubmed.ncbi.nlm.nih.gov/25591130/>



3 MINDFULNESS EXERCISES

1. The full body scan

Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing; instead, simply practice observing your existing breathing pattern.

Next, focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

2. The 5 senses test

Another way to check in with your body is to perform this 5 senses exercise. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity grounding and report that it can help soothe panic and anxiety.

3. The 3-minute breathing space

If you are new to meditation, this is the perfect activity for you. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute of this meditation, focus on answering the question, “How am I doing right now?” For the second minute, shift your focus to your breath, noticing each inhale and exhale. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body. You can place a hand on your stomach or chest to help you concentrate on how your body moves.

HEALTHY RECIPE

CHOCOLATE SHAMROCK SHAKE!



- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- sweetener of choice, (as desired)
- chocolate chips, (optional)

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!



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!

 **REVIEWS**

www.thecornerstonept.com



PATIENT SUCCESS STORY

“Thank you Dr. Mankerious! You have restored my faith in physical therapy. I came in after ankle surgery barely able to walk. After about 9 sessions, I am walking without a limp and getting stronger. Dr. Mankerious’ quality of care is definitely above and beyond! His hands-on patient care is top notch. The staff there is kind and always greet you with a smile. I highly recommend Dr. Mankerious and will go back in the future if I ever need physical therapy again.”

— Joyce W.

COME BACK TO PT!

**FREE 15-MINUTE
CONSULTATION**

CALL TO SCHEDULE TODAY!

(817) 826-9757

5517 S Hulen Street
Fort Worth, TX 76132

Offer valid for the first 20 people to schedule.
Expires March 31, 2023

 **CORNERSTONE
PHYSICAL THERAPY**

5517 S Hulen St,
Fort Worth, TX 76132
Monday - Thursday 8 am - 6 pm
TEL: (817) 826-9757