



SOLUTIONS FOR HIP AND KNEE PAIN



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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 iMove PT, 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.

Learn more at imovephysicaltherapy.com

WHAT DO MY SYMPTOMS MEAN?

It's your time to heal. Get started at imovephysicaltherapy.com



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.

ST. LOUIS OUTPATIENT CLINIC OPENING JULY 10!

On July 10, 2023, iMove PT will be opening our first brick-and-mortar clinic in St. Louis (Chesterfield), MO! In the St. Louis region, iMove PT will now be offering both mobile and in-clinic therapy, keeping our same model of one-on-one treatments. In addition to physical therapy, our clinic will be offering amazing wellness services to help you feel great and improve your longevity. Call us today to schedule an appointment at our brand new clinic!

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 iMove PT 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/3026395/> • <https://www.carewars.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain> • <https://pubmed.ncbi.nlm.nih.gov/2559130/>

MEET TAYLOR TROXELL

PATIENT CARE REPRESENTATIVE FOR IMOVE PT TULSA



Taylor was born and raised in Shawnee, Oklahoma where she lived for 22 years before moving to the big city of Tulsa, OK for the first time. While living in Tulsa for three years, Taylor put her love for animals to use and started working at her first Animal Clinic. In 2019, Taylor moved to North Texas where she soon began working at an Animal Hospital in Melissa, TX as a Veterinary Technician. Taylor learned many skills during her time at the Hospital, such as: sample drawing, assisting in procedures and experienced patient care. Taylor also became very knowledgeable in client communications and leadership skills. Taylor's passion for animals, dedication and drive led her to start her own successful pet sitting business where she could take care of animals not only in a work setting but at home where they're most comfortable.

In April of 2023, Taylor left Texas to move back to Tulsa, OK to continue her passion for animals and her business while also being close to family. Since moving back to Tulsa, Taylor has began working as the Patient Care Representative for iMove PT. Where she will be learning a new set of skills and obtaining knowledge of Physical Therapy. Taylor is goal oriented, dedicated and has a passion for helping people as well as their pets. When she is not working at iMove or running her business, Taylor enjoys swimming, watching documentaries and playing with her three dogs Remy, Stevie and Frankie.

IMOVEPHYSICALTHERAPY.COM



"She has helped both of them so much!"

"Dr. Laura has been working with my father-in-law for his shoulder and back pain and recently began helping my mother-in-law that broke her arm. Laura is not only very professional and a great communicator but is a delight. She has helped both of them so much! She genuinely cares...and what an extra bonus that she comes to them at their home!" —M.C.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



HEALTHY RECIPE

Mozzarella, Basil & Zucchini Frittata



Ingredients:

- 2 tbsp extra-virgin olive oil
- 1½ cups thinly sliced red onion
- 1½ cups chopped zucchini
- 7 large eggs, beaten
- ½ tsp salt
- ¼ tsp ground pepper
- 4 oz pearl-size mozzarella balls
- 3 tbsp chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

Instructions: Position rack in upper third of oven; preheat broiler. Heat oil in a large broiler-safe nonstick over medium-high heat. Add onion and zucchini and cook, stirring frequently, for 3-5 minutes. Whisk eggs, salt, and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook for about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler for 1 1/2-2 minutes. Let stand for 3 minutes. Top with basil.

<https://www.eatingwell.com/recipe/251004/mozzarella-basil-zucchini-frittata/>

GET STARTED TODAY

We are here to help you.

Scan the below QR code to get in contact with one of our caring professionals. We are here to help answer any questions or concerns you may have. We can help you get back to an active, pain-free lifestyle. Scan the QR code now!

