



KICK YOUR HIP, KNEE, & LEG PAIN

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KICK YOUR HIP, KNEE, & 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

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?

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>

GTS HOMETOWN STRONG

GTS Hometown Strong donated \$1000 this month to the Calico Rock Booster Club to help with the purchase of the Vertimax!



Ashlyn Mann (student), Jesslyn Mann (student), Jessie Whiteaker (Booster Club President), Keith Kyles, PT, Alex Skidmore, (AD and Boy's Basketball, Baseball, Bowling Coach), Patrick Drennan (Girl's Basketball Coach), and Riley Whiteaker (student)

HOLIDAY RECIPE

CHRISTMAS TOFFEE



INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

DIRECTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

STAYING PHYSICALLY FIT DURING THE HOLIDAYS

1. Keep moving. In addition to staying active, try to avoid sitting for prolonged periods of time. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.

2. Be creative and get rid of 'all or nothing' mindsets. The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active. During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions. Think outside the box when it comes to ways to have quality time with family and friends while also prioritizing your health.

3. Plan – and remember there is always time and opportunity for a workout. Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to manage activity into your daily schedule with patience and time.



SERVICE SPOTLIGHT

PELVIC FLOOR REHABILITATION

Are you having issues with bladder leakage? Afraid you might sneeze and leak? Are you avoiding trips out of the home due to concerns about incontinence? Physical therapy might be the answer for you! We have proven techniques that help with bladder control and pelvic pain. We can teach you ways to train your pelvic floor to allow for decreased leakage and improve overall control. Let us help you get back to doing what you want to do with less fear of leakage!

Some common techniques used during pelvic floor rehabilitation:

Therapeutic Exercise. Your therapist will use exercise techniques specifically designed to improve the control, function, and ROM of the pelvic floor muscles. Your therapist will give you an exercise program including pictures and instructions to allow for you to train and strengthen your pelvic muscles and be able to complete this regularly on your own.

Diaphragmatic breathing. Your physical therapist can teach you how to practice deep breathing exercises. These will allow your diaphragm to expand and contract properly, which helps in relaxing muscles in the pelvic area. Relaxed muscles will drop and lengthen, providing simple pain relief. These breathing exercises can also be done at home.

Relaxation techniques. Physical therapy also focuses on relaxing! Relaxing your muscles allows them to ease tension, which makes it easier to stretch and massage them later. It's not always easy to relax on command though, so your physical therapist may suggest specific relaxation techniques, such as guided imagery or biofeedback, to assist you with the process.

Dr. Cadenbach specializes in all areas of physical rehab to help patients get back to normal naturally. One of her many areas of expertise is assisting patients with urinary incontinence.

EXERCISE ESSENTIALS

Try this exercise if you are experiencing knee pain.

KNEE EXTENSION

Lie on your back with knee slightly bent. Straighten knee by pushing the back of your knee toward the floor.



STAFF SPOTLIGHT

ANGIE CADENBACH, PT, DPT



She graduated with her Doctorate in PT in 2003 from the University of Central Arkansas. She has training in Maitland Manual Therapy, Vestibular Rehab, pelvic floor rehab, sports rehab, and homehealth therapy. Angie has worked primarily in outpatient clinics as a PT but has experience in home health, aquatics, hospitals, sub-acute, nursing home, pediatrics, and school-based PT as well. Angie has partnered with GTS to open outpatient clinics in Viola and Mountain Home. Angie grew up in Viola and moved back after graduating from PT school. She is married to Robert Cadenbach, and they have 2 sons, Connor and Carson.

Angie is now accepting patients for pelvic floor rehab. Call today to schedule your appointment!

SUCCESS STORY

Angie was my therapist whom I can not thank enough! My experience with GTS in Viola was amazing, to say the least! Angie is very professional yet very friendly, kind, and so encouraging! The whole staff is great. I would highly recommend GTS to anyone. I also love all your convenient locations. The difference from my first appointment to my last was incredible!

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