



Comprehensive Adult & Pediatric Therapies

HIP, KNEE, & LEG PAIN

Read more inside on How Physical Therapy Can Help, How To Feel Better
By Eating Better, and Running Gait Analysis!

www.amberhillpt.com

Give us a call today!



WHAT CAUSES 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.

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 & 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, but several symptoms 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.



Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!

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.

Sources

<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>

If you are suffering from pain, we want to help! Give us a call or visit www.amberhillpt.com today!

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THERAPY CENTERS

FEEL BETTER BY EATING BETTER

ARUGULA, GRAPE, & SUNFLOWER SEED SALAD

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

Life is too short to not feel your best. Give us a call or visit www.amberhillpt.com today!

RUNNING GAIT ANALYSIS

At Amber Hill Therapy Centers, we want to make sure that you are performing at your optimum levels of function, so you can avoid injury and get the most out of your sport! Our physical therapists are able to perform a running analysis on you to help reduce your risk of injury so you can safely enjoy outdoor activities!

Below are a few tips to keep in mind when training to improve your running mechanics:

1. Cadence

A recent study published in the National Institutes of Health analyzed the effects of cadence on a runner's likelihood of sustaining an injury. 45 healthy runners were studied to determine how differences in cadence affected loading on the hip and knee joints. Results concluded that a quicker cadence "generally leads a runner to hit midfoot compared to runners with longer strides," which can cause pain or injury. To improve your cadence, try making your strides longer! This will reduce loading on the hips and knees, preventing injury.

2. Heel Strike

Do you heel strike while running? Approximately 80% of runners strike the ground with their heels first, while 15% strike the ground with their toes first. The remaining 5% run on the balls of their feet. In this case, the majority has it right - heel striking uses less energy than a forefoot striking or midfoot striking, which can prevent fatigue and unnecessary overexertion injuries.



If you have been noticing exhaustion while running, try to ease yourself into heel striking by starting your run on the heels of your feet, rather than your toes.

CONTACT US TODAY!

Are you ready to run at your peak level of performance? Contact our Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD physical therapy practice today! At Amber Hill Therapy Centers, we'll examine your running mechanics to figure out how your running efficiency can be increased to improve performance and keep you safe.

REFER-A-FRIEND AND WIN A \$10 GIFT CARD

Cut out this box and have your referral present this card at their visit.

Who Referred Me: _____

COVID-19 PRECAUTIONS



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS

Your health is our highest priority. Give us a call or visit www.amberhillpt.com today!