



COME IN FOR A FREE
SCREEN AND GET A FREE
LASER THERAPY SESSION!

Details Inside!



PROPER TREATMENT FOR 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.

(Read more inside...)

www.optimumptsa.com

INSIDE

PROPER TREATMENT FOR YOUR
HIP, KNEE & LEG PAIN

HOW PHYSICAL THERAPY CAN
HELP YOU

STAFF SPOTLIGHT



OPTIMUMPHYSIO
THERAPIES

NEWSLETTER



PROPER TREATMENT FOR YOUR HIP, KNEE & LEG PAIN



INSIDE:

- *How Physical Therapy Can Help You*
- *Exercise Essentials*

- *Staff Spotlight*
- *Holiday Recipe*



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
- Offset Pelvis
- Hip Fracture
- Sprains and Strains
- Tendonitis
- Sciatica
- Osteoporosis
- Cancer
- Achilles Tendonitis
- Bursitis
- Plantar Fasciitis

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.

[Read More Inside!](#)



Get Moving Today with Optimum Physio Therapies!

www.optimumpts.com

HOW PHYSICAL THERAPY CAN HELP YOU

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 Optimum Physio Therapies today and learn more about how we can help you!

Sources:

www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050694

www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx

www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain



www.optimumptsa.com



STAFF SPOTLIGHT



Dr. Matthew Tercero received his B.S. in Rehabilitative Sciences from the University of the Incarnate Word in 2016, then received his Doctorate degree in Physical Therapy from the University of Texas Health Science Center at San Antonio in 2020.

Born and raised in El Paso, Texas, Dr. Tercero moved to San Antonio in 2011 and quickly learned to call it home. Since his early educational career, Dr. Tercero has always been fascinated with optimizing performance of the human body at any age. With background in working with a variety of populations, from high level collegiate athletes, to children full of energy, to adults brimming with wisdom, he is a strong believer everyone deserves to live their life to the fullest.

Outside of his career, he enjoys spending most of his time with family and friends. He usually likes to live an active lifestyle full of hiking and running, but also avidly follows almost all sports. Dr. Tercero has always believed that physical therapy not only involves just physical components, but also mental and emotional aspects as well. The body must be treated as a whole, not individual components, and he hopes you will join him on your journey to healing in order to truly live your best life.



EXERCISE ESSENTIALS

LUNGES

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



MONTHLY COUPON

SANTA HAS A GIFT FOR YOU
THIS HOLIDAY SEASON!



FREE SCREEN

opt
OPTIMUMPHYSIO
THERAPIES

Come in for a **FREE** in-person
or phone screen and get a **FREE**
Laser Therapy Session!

(Laser Therapy Session is an \$80 value)

Expires December 31st



HAVE YOU ALREADY MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. **Let us help you get a head start going into 2021, before your deductible renews again!**

PATIENT SUCCESS SPOTLIGHT

"When I came to Optimum Physio, I was having trouble sleeping at night because my knee was in so much pain. I had tried physical therapy before, but Optimum Physio was different. They combined exercise and manual techniques, and they worked at my pace. After three weeks, my pain is gone and I am working to keep strengthening. I am so thankful to the kind, professional staff for helping me on the road to recovery." - Kelly H.

HOLIDAY RECIPE

HOLIDAY PECAN PIE



- 1 9-inch pie shell
- 1 1/2 cup flaked coconut
- 1 1/2 cup graham cracker crumbs
- 1 1/2 cup pecans, chopped
- 1 1/2 cup sugar
- 1 cup egg whites

1. Cover pie shell with two layers of foil and bake in 450 degrees F oven for 8 minutes. Remove foil and bake 4 to 5 minutes until golden brown. Cool on a wire rack.
2. Combine coconut, graham cracker crumbs, pecans, and sugar in a large bowl. In another bowl, beat egg whites just until foamy; add to the coconut mixture. Mix well. Pour into prepared pie shell. Bake uncovered in 350 degrees F oven for 35 minutes or until set.

ABOUT US

Our mission at Optimum Physio is to bring an excellent clinical experience through new therapies, community awareness and education. An excellent clinical experience through new techniques, tools, and innovative approaches to facilitate the natural healing of the body. Education to our patients and community through local events, educational workshops, publications of articles and books so to empower the people to make better health choices.