

SE HABLA ESPAÑOL

DON'T MISS OUT
ON OUR MONTHLY
WORKSHOPS!

Details Inside!



KICK BACK AND RELAX!

FIND RELIEF FOR YOUR KNEE AND HIP PAIN

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been effected in some way or another.

(Read more inside...)

optimumphysiotherapies.com

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KICK BACK AND RELAX!

FIND RELIEF FOR YOUR KNEE AND HIP PAIN

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WHAT CAUSES KNEE AND HIP PAIN?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap

will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

HOW PHYSICAL THERAPY HELPS

Physical therapy is generally comprised of three important phases: When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at Optimum Physio Therapies are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries.

Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

If you are looking for a healthier, stronger, and more active lifestyle, contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!
optimumphysiotherapies.com

SAY HELLO TO

NEUBIE!



We are excited to announce the addition of a new device in our office.
The **NEUBIE!**

The newbie is FDA cleared for the following uses:

- ✓ Maintaining or increasing range of motion
- ✓ Increasing local blood circulation
- ✓ Neuromuscular reeducation
- ✓ Preventing atrophy. Reducing spasms
- ✓ Preventing venous thrombosis after surgery
- ✓ Management or relief of chronic pain
- ✓ Management of post surgical and post traumatic acute pain



OPTIMUMPHYSIO
THERAPIES

CALL OR TEXT

(210) 314-6725

TO SCHEDULE YOUR APPOINTMENT!

The new fit method helps patients with neuromuscular re-education and regaining function lost due to:

- Stroke • Multiple sclerosis (MS) • Spinal cord injury
- Traumatic brain injury • And other neurological injuries or diseases

If you want to see how the Newbie can fit into your treatment, call us at 210-314-6725 to set up an appointment.

DIY ICE PACKS FOR WHEN YOUR JOINTS ARE BURNING AFTER ALL THAT WALKING

KEEP THE FROZEN PEAS IN THE FREEZER AND TRY ONE OF THESE 4 DIFFERENT DIY METHODS

- 1. 3 parts Water to 1 part Rubbing Alcohol.** This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
- 2. Corn Syrup** – Yup. Plain old corn syrup. This one is nice because it stays the most soft and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
- 3. Liquid Dish Soap** – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
- 4. 2 parts Liquid Dish Soap to 1 part Rubbing Alcohol.** This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

Ice can only do so much, schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!



HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Let us help you get a head start for 2022. We can help you take care of any issues whether it's pain, lack of strength or mobility, and balance issues before the New Year.

DON'T MISS OUT ON OUR MONTHLY WORKSHOPS!



Scan this QR Code using the camera app on your smart phone and be taken directly to our workshops page!

Topics Include:
Back Pain,
Sciatica, & More!

www.optimumphysiotherapies.com/workshops

EXERCISE ESSENTIALS

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your buttocks. Tilt your hips forward towards the ground slightly. Lift your knees apart (like a clam opening).

Repeat 8 to 10 times per leg.



IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

PATIENT SUCCESS STORY!

"My initial injury was about 7 years ago, a fracture in the right growth plate. After 8! More severe sprains, I was able to finally get some help and was sent here to Optimum Physio. Before we started, I could barely stand continuously on my right ankle for a minute. Now it does not hurt nearly as much or as frequently. They helped me improve my balance, endurance, and over all strength in that leg greatly, and I finally feel like I can trust it to support me again." - Rowyn C.z



SONIA'S CORNER

BANANA FLAXSEED PANCAKES

INGREDIENTS:

- 1 cup Pamela's baking & pancake mix
- 1 large egg or egg alternative*
- 3/4 cup water
- 1 tbsp. coconut oil
- 2 bananas, chopped (add to batter before pouring into pan)
- 1/2 cup ground flaxseed (add to batter before pouring into pan)
- Dash of cinnamon

INSTRUCTIONS:

Follow the pancake directions on the back of the mix. Use coconut oil for the mix and to cook for the pancakes. Serve with fresh berry syrup. Add more water to batter for thinner pancakes. Less water for thicker pancakes



Courtesy of Sonia



WE'RE HIRING

THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**