

SE HABLA ESPAÑOL

**KICK YOUR KNEE AND HIP PAIN TO THE CURB**  
PHYSICAL THERAPY OFFERS THE RESULTS YOU ARE LOOKING FOR!

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Easter



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SONIA'S CORNER

[optimumphysiotherapies.com](http://optimumphysiotherapies.com)



## KICK YOUR KNEE AND HIP PAIN TO THE CURB

PHYSICAL THERAPY OFFERS  
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**INSIDE:**

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Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Optimum Physio, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Optimum Physio, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

### **IDENTIFYING THE SOURCE OF YOUR HIP AND KNEE PAIN**

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Cartilage injuries
- Sprains and strains (i.e., injuries to muscles and ligaments)

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

*(Continued on the next page.)*

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](http://optimumphysiotherapies.com)**

*(Continued from the previous page.)*

**Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

**Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.

**Sprains/ strains or cartilage injuries.** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

## **HOW PHYSICAL THERAPY CAN HELP HIP AND KNEE PAIN**

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

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 treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

## **WHAT TO EXPECT IN PHYSICAL THERAPY**

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

**If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Optimum Physio to schedule an appointment. We offer the results you are looking for!**



## **TOP 6 MOVEMENT BREAKS TO WORK PAIN FREE**

*Join Dr. Mark DeAnda as he goes over his top 6 movements that will help you work pain free if you are at a desk all day.*



Scan this QR Code to watch this video on YouTube.

## **PATIENT SUCCESS STORY!**



*"So grateful for my time at Optimum Physio! I came in with awful inflammation and pain in both my knees after losing muscle in my right quad and glute from meralgia parasthetica. Matt gave me a thorough evaluation and walk-through of all the contributing factors to my knee pain and created an excellent rehabilitation plan for me. My knee pain is completely gone and I am so thankful and relieved! Going in for therapy was always fun and informative thanks to the awesome staff. Matt, Hiram, and Arturo were kind, thorough, patient and professional. Special shout-out to Aaron for being so positive, upbeat, attentive, encouraging and for making the process so fun! I've been to PT a few times and this is hands down the best staff I've ever worked with, these folks are truly committed to your progress. The integration of an app with videos for my home exercise plan was icing on the cake! I highly recommend Optimum Physio and will definitely be referring my friends and family." — A Perez.*



**OPTIMUMPHYSIO**  
THERAPIES

**(210) 314-6725**



# KFORCE PLATES

FOR POSTURE AND LOWER LIMB STRENGTH



KFORCE Plates enables the physical therapists at Optimum Physical Therapy to measure the static and dynamic balance in a wide range of movements, including Stance, Squats, and Counter Movement Jump.

The plates produce dynamic reports which help the physical therapists to better develop the right course of action for your condition. The reports also help track your progress in your lower limb strength and balance.



If you are looking to get stronger, improve your balance, or up your performance, the KFORCE Plates at Optimum Physical Therapy can help. Give us a call today and see how you can benefit from this powerful resource. Call today and start your journey to a better you!

**CALL (210) 314-6725 TODAY**

## EXERCISE ESSENTIALS

### IT BAND - STRETCH SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.

Try this exercise helps with knee and hip pain.



## 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!

## SONIA'S CORNER



Courtesy of Sonia

### GREEN FRITTATA

#### INGREDIENTS:

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

**INSTRUCTIONS:** Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.



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!**