



UNDERSTANDING THE  
DIFFERENCE BETWEEN  
**FLEXIBILITY &  
MOBILITY**

STORY INSIDE

# KNEE & HIP PAIN?

**PHYSICAL THERAPY CAN HELP  
RELIEVE YOUR PAIN!**

## INSIDE

- FREE KNEE WORKSHOP
- PATIENT SUCCESS STORY
- SONIA'S CORNER

*OptimumPhysiotherapies.com*

SCHEDULE AN APPOINTMENT TO  
FIND OUT HOW PHYSICAL THERAPY  
CAN HELP YOU BECOME HEALTHIER,  
STRONGER, AND MORE ACTIVE!

**210-985-9498**



## **KNEE & HIP PAIN?** **Physical Therapy Can Help Relieve Your Pain!**

### **INSIDE:**

- *Understanding The Difference Between Flexibility & Mobility*
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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 Therapies, 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 depends

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 Therapies, 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
- Tendinitis
- 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.

**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.

### **EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS**

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, and 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

*Continued inside.*

**CALL 210-985-9498 TODAY!**

**Get Moving Today with Optimum Physio Therapies!**

***OptimumPhysiotherapies.com***

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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 of 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 Therapies to schedule an appointment. We offer the results you are looking for!**

FREE

# WORKSHOP

Attention Knee Pain Sufferers, Free Event For You

**KNEE PAIN WORKSHOP**  
Thursday, August 31 at 7pm

New Knee Pain Workshop Helps Local People Get Back to Normal Naturally, Without Unnecessary Pain Pills, Injections, or Surgeries



Dr. Claudia Diaz  
PT/DPT

Scan the QR code to register or for more information.



Because of space limitations, this event is limited to the first 20 people who sign up.

Or call: **210-985-9498**



**OPTIMUMPHYSIO**  
THERAPIES

## UNDERSTANDING THE DIFFERENCE BETWEEN FLEXIBILITY & MOBILITY



by Kaytlen Lavergne, Movement Specialist at OPT

When it comes to fitness, many people use the terms flexibility and mobility interchangeably. However, these two concepts are not the same thing. Understanding the difference between flexibility and mobility can help you improve your fitness routine and avoid injury.

**Flexibility** — Flexibility refers to the range of motion in a joint or group of joints. Having good flexibility allows you to move your joints through their full range of motion without pain or discomfort. A lack of flexibility can lead to limited mobility and poor posture. Stretching exercises are a great way to improve flexibility. Examples of stretching exercises include yoga, Pilates, and static stretching.

**Mobility** — Mobility refers to the ability of a joint to move actively through its full range of motion. Good mobility is essential for performing functional movements like squatting, lunging, and twisting. Mobility exercises focus on strengthening the muscles around a joint and improving its stability. Examples of mobility exercises include dynamic stretching, foam rolling, and resistance band exercises.

## WHAT'S THE IMPORTANCE OF BOTH?

Having both flexibility and mobility is essential for optimal fitness and movement. Without good flexibility, you may not be able to move your joints through their full range of motion, leading to limited mobility and poor posture. Without good mobility, you may not be able to perform functional movements like squatting, lunging, and twisting, leading to poor athletic performance and increased risk of injury.

## IMPROVING FLEXIBILITY AND MOBILITY

Improving flexibility and mobility is essential for optimal fitness and movement. Here are some tips for improving both:

- Stretch regularly: Incorporate stretching exercises like yoga and Pilates into your fitness routine to improve flexibility.
- Foam roll: Use a foam roller to release tension and improve mobility in your muscles.
- Use resistance bands: Resistance bands are a great tool for improving mobility by strengthening the muscles around a joint.
- Incorporate dynamic stretching: Dynamic stretching helps improve mobility by warming up the muscles and preparing them for movement.

**In conclusion, understanding the difference between flexibility and mobility is essential for optimal fitness and movement. By incorporating stretching, foam rolling, resistance band exercises, and dynamic stretching into your fitness routine, you can improve both flexibility and mobility, leading to better athletic performance and reduced risk of injury.**

Reference:

Guillet A, Karadot Y, Quayreil F, Schobb W, Di Rienzo F. Foam rolling and joint distraction with elastic band training performed for 5-7 weeks respectively improve lower limb flexibility. *Journal of Sports Science & Medicine* 18: 160-171, 2019.

Taylor JB, Wright ES, Waxman JP, Schmitz RJ, Groves JD, Shultz SJ. Ankle dorsiflexion affects hip and knee biomechanics during landing. *Sports Health* 14: 328-335, 2022. doi: 10.1177/19417381211019683.

Schneiber ML. Mobility: A Pathway to recovery. *MEASURE Nursing* 30: 279-281, 2021.

# EXERCISE ESSENTIALS

## WALL SQUATS

Start by standing with your back against a wall and your feet shoulder width apart, placed slightly farther away from the wall. Slowly lower your body down the wall, digging your heels into the ground until your knees are at about a 90-degree angle. Then, press through your heels to raise your body back up the wall.



Try this exercise to help strengthen your knees.

# PATIENT SUCCESS STORY!



“ Came in a patient, left feeling like family ”

*“I just want to say that the Team and atmosphere at Optimum Physio is outstanding. The team makes you feel warm and welcomed. The treatment plan that they prepared for me helped me accomplish my goal. Thanks to you all for your professionalism and willingness to help others. I will definitely recommend OPTIMUM PHYSIO to family and friends. Again thanks!!!” — Mary K.*

We want to here your PT success story!

Scan the QR code to visit our review page and share your story.



You could be someone's inspiration to get the help they need.

## 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

## CHICKPEA SALAD

### INGREDIENTS

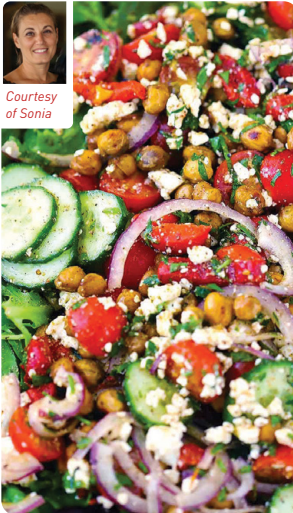
#### SERVES 2

- 6 oz. chickpeas (garbanzo beans)
- Handful baby spinach
- Handful kale
- 1/2 cucumber, sliced
- 1/4 chopped onion
- 1/2 tomato, chopped (or 6 cherry tomatoes)
- 1/2 cup chopped walnuts
- 6 sliced strawberries
- 4 oz. feta cheese crumbles (optional)
- 3 Tbsp. extra virgin olive oil
- 3 Tbsp. balsamic vinegar

**DIRECTIONS:** Combine all ingredients in bowl and drizzle with olive oil and balsamic vinegar.



Courtesy of Sonia



## THE OPTIMUM PHYSIO FAMILY IS GROWING!

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

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