



physical
therapy
of Melissa

Health & Wellness

The Newsletter About Health And Self-Care

Also Inside:

- Soothe Aches & Pains At Home
- Exercise Essentials
- Patient Success Spotlight
- Healthy Recipe



KICK BACK AND RELAX!

Find Relief for Your Knee and Hip Pain

SEE INSIDE:

Correct Your Posture & Feel Better

TAKE ADVANTAGE OF OUR FREE VIRTUAL VISIT OFFER!



physical
therapy
of Melissa

Health & Wellness

The Newsletter About Your Health And Caring For Your Body



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 affected in some way or another. For more information regarding how our treatments can help you, give us a call today!

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:

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at Physical Therapy of Melissa 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!

SOOTHE ACES & PAINS AT HOME



Use these DIY ice packs for when your joints are burning after all that walking:

4 DIFFERENT 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.

Healthy Recipe: Honey Garlic Shrimp



INGREDIENTS

- 1/3 cup honey
- 1/4 cup soy sauce (reduced sodium)
- 1 tbsp minced garlic
- optional: 1 tsp minced ginger
- 1 lb medium uncooked shrimp, peeled & deveined
- 2 tsp olive oil
- optional: chopped green onion garnish

INSTRUCTIONS

Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. Place shrimp in a large zipped-top bag or tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator 15 min or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for the next step (Time-saving tip: while the shrimp is marinating, steam broccoli and microwave quick brown rice). Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. Discard used marinade. Cook shrimp on one side until pink--about 45 seconds--then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 min more. Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed veggies on the side.

PATIENT SUCCESS SPOTLIGHT



“When I arrived at PT, I was in severe pain. My diagnosis: Iliotibial Band Syndrome and knee joint inflammation. The doctors and staff at PT of Melissa are simply the BEST! My pain is gone and I'm moving around again.” — Shawn J.

Check out more reviews on Google by searching
“Physical Therapy Of Melissa.”



PRACTICE NEWS

NOW OFFERING CONCUSSION BASELINE TESTS AT-HOME



Now you can take the annual ImPACT Concussion Baseline Test anytime at the comforts of your home. Take the ImPACT Baseline Test when you're healthy. If you experience a head injury, your baseline scores can help doctors get you back to normal!

To learn more about Baseline Concussion Testing, visit us at www.concussionrehab.clinic today!

www.ptofmelissa.com



Visit our website or follow us on Facebook to see what's going on at Physical Therapy of Melissa!

Exercise Essentials

Exercise To Relieve Knee Pain

KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold for 20 seconds and repeat 5 times.



Image SampleSet Pro
www.sampleset.com



For other exercises to help relieve back pain and stay active, contact your physical therapist at PT Of Melissa today!

Enjoy this Special Offer!

ImPACT Concussion Baseline Test

\$5 OFF
IMPACT AT-HOME TEST

Use Coupon Code: **IMPACT2020**



Register Now!

www.concussionrehab.clinic

Offer valid for the first 25 people to schedule. Offer expires 9-30-2020