

COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP & KNEE PAIN



MSR has been selected as one of the top six for Best Physical Therapists in Arlington. MSR has been selected by Expertise.com as the best physical therapist in Arlington for four years in a row!

INSIDE:

- Why Am I Experiencing Hip and/or Knee Pain?
- So, What Can I Do About My Pain?
- Arugula, Grape, & Sunflower Seed Salad
- Staff Spotlight



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CHECK US OUT!

We have new great exercise videos on our social accounts!

 @mmaandsportsrehab

 @msrphysicaltherapy

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For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as

it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact MMA & Sports Rehab as soon as possible. We'll help you get moving freely once again!

CALL TODAY! (703) 884-7084

Why Am I Experiencing Hip and/or Knee Pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

Arthritis. Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.

Strains. Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

Fractures and breaks. As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!

Dislocation. Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.

Tears. There are four ligaments in the knees that have a possible risk of

tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.

Bursitis. "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.

Tendinitis. Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.



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Arugula, Grape, & Sunflower Seed Salad



- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

Exercise Essentials

Try this movement if you are experiencing pain.

Helps Relieve Hip Pain



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).



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So, What Can I Do About My Pain?



Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

Wearing properly fitted shoes. One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.

Using cold and hot remedies. Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.

Stretching. When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.

Listening to your body. At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.

Contact MMA & Sports Rehab for additional assistance!

Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At MMA & Sports Rehab, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!

Patient Success Spotlight



"Highly recommend Dr. Shakya! He was wonderful when I started experiencing knee pain and gave me the focus and encouragement needed to work to get stronger and better. We worked entirely online with telehealth appointments and I appreciated the convenience and flexibility. I heartily encourage anyone who needs PT to see him and wish you the best of luck in your recovery!"

- Cynthia S.

Staff Spotlight



Dr. Michael Giles received his Doctorate of Physical Therapy from Marymount University in Arlington, VA, and his Bachelors of Kinesiology from the University of Kentucky. Michael has an extensive physical therapy background with many years of experience as a PT technician and fitness trainer prior to his Doctoral education.

Outside of physical therapy Michael has a great passion for martial arts, in particular Jiu-Jitsu, in which he regularly trains and competes. Michael routinely implements yoga practice and weight training to supplement his Jiu-Jitsu. Michael is an advocate of a holistic approach to rehabilitation, emphasizing the benefits of both proper nutrition and mindfulness in conjunction with physical movement.

Dr. Michael is a certified Trigger Point Dry Needling practitioner through Myopain Seminars, Bethesda, MD.