



ELEMENT
PHYSICAL THERAPY · AUDIOLOGY
We are the Balance and Hearing Experts

NEWSLETTER

SOLUTIONS FOR HIP & KNEE PAIN

FIND RELIEF AND GET
BACK TO DOING WHAT
YOU LOVE!

USE IT OR LOSE IT! The cost of
treatment could be minimal or
COMPLETELY COVERED by your
insurance plan.

Details Inside!

ALSO INSIDE

**How Warming Up and Cooling
Down Prevents Injuries**

Healthy Recipe





SOLUTIONS FOR HIP AND KNEE PAIN

FIND RELIEF AND GET
BACK TO DOING WHAT
YOU LOVE!

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Element Physical Therapy & Audiology, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

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 is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Element Physical Therapy & Audiology as soon as possible. We'll help you get moving freely once again!

WHAT CAUSES HIP AND 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.

Tears and ruptures. There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

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

Continued inside.

DISCOVER HOW OUR TEAM OF SPECIALISTS AT ELEMENT PHYSICAL THERAPY AND AUDIOLOGY CAN HELP YOU WITH YOUR HIP & KNEE PAIN. CALL (406) 220-5362 TODAY FOR AN APPOINTMENT!

SOLUTIONS FOR HIP AND KNEE PAIN

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trauma, resulting 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!

Strains and Tendonitis. Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

HOW PHYSICAL THERAPY CAN HELP HIP AND KNEE PAIN

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Physical therapy will provide the foundation for success while reducing future injuries!

CONTACT US TO SCHEDULE AN APPOINTMENT

At Element Physical Therapy & Audiology, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!



406-220-5362

A Reminder To...

USE IT OR LOSE IT



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered **YES**, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or **COMPLETELY COVERED** by your insurance plan.

Let us help you get a head start going into 2023, before your deductible renews again! **CALL OR VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!**

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HEALTHY RECIPE

SPINACH STUFFED MUSHROOMS



INGREDIENTS:

- 20 medium mushrooms
- 1/4 cup chopped shallots, scallions or onion
- 2 cloves garlic, chopped
- 1 tsp balsamic vinegar
- 1/2 tsp soy sauce
- 2 cups chopped fresh spinach
- 1/2 cup Plain Oikos Organic Greek Yogurt
- Salt & pepper to taste

DIRECTIONS: Wash the mushrooms and carefully remove the stems without breaking the caps. Finely chop the stems. Combine the shallots, garlic and vinegar in a small skillet or saucepan and cook for 1 to 2 minutes. Add the chopped mushroom stems and soy sauce and cook, stirring occasionally, for 3 to 5 minutes, until the mushrooms soften and release their juices. Add the spinach and cook, continuing to stir, until it is wilted and the liquid in the pan is absorbed. Remove from the heat and let cool for a few minutes, then stir in the yogurt. Season with salt and pepper to taste. Preheat the oven to 350°F. Stuff the spinach filling into the mushroom caps. Place the mushrooms in a baking pan and bake for 20 minutes, until tender. Remove from the oven and let sit for a few minutes for the filling to set before serving. Yields 20 mushrooms.

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

HOW WARMING UP AND COOLING DOWN PREVENTS INJURIES

Are you looking for an edge on the playing field? Or maybe you are more interested in preventing injuries and maximizing your recovery. At Element Physical Therapy & Audiology our physical therapists are up-to-date on the most advanced strategies to prevent injuries and enhance performance!

Over the years, some updates have been on the most effective way to prepare an athlete for competition. In years gone by, the main recommendations were to perform sustained stretches before competitions. Still, research showed us that there are more effective ways to prepare for competition and prevent injuries simultaneously.

WHAT ARE THE MOST EFFECTIVE WARM-UPS AND COOL-DOWNS TO PREVENT INJURIES?

Dynamic stretching and Proprioceptive Neuromuscular Facilitation (PNF)-type stretching has been shown to help improve range of motion, increase blood flow and improve overall performance, especially in sprinting and jumping sports.

It has also been shown that warm-ups that simulate the actual sport (functional movements) you are about to participate in can help improve your performance. But long-duration (<60 seconds) static stretching may impair your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

If your primary goal is to prevent musculoskeletal injuries to the hip, knees, or even the shoulders, warming up properly will focus on increasing blood flow, mobilizing the muscles and joints, and cooling down (recovering) properly. There is significant evidence to support the use of warm-up programs in team and individual sports, with an expected reduction of the risk of injury by over 35%.

Recovery is as important as warming up and should consist of proper hydration, nutrition, and foam rolling to minimize post-workout soreness. Adequate sleep is by far the most important tool for recovery and injury prevention and should be at the top of the list for every athlete!



No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!



A NOTE FROM AMY

HEARING LOSS AND COMORBIDITIES



Hello Friends,

Comorbidity is when two or more diseases or conditions are present at the same time. Some conditions are considered potential risk factors for hearing loss, where as other conditions may develop as a result of hearing loss. Sleep apnea, diabetes, high blood pressure, high cholesterol, and cardiovascular disease are some conditions which may increase your risk for hearing loss. Hearing loss limits our ability to understand speech and communication, and therefore is associated with health conditions such as social isolation, depression, anxiety, falls and other injuries, cognitive decline, and dementia. If you have hearing loss, especially an untreated hearing loss, you may have a higher risk of developing these health conditions. Please schedule an appointment with our audiologist if you think you may have hearing loss, or have risk factors for hearing loss.

*All the best,
Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist*

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



**Call (406) 220-5362
OR Scan the QR code below
to make an appointment.**

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ELEMENT

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