

KICK YOUR HIP & KNEE PAIN TO THE CURB

WITH ELEMENT PHYSICAL THERAPY

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 Element Physical Therapy, 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 Element Physical Therapy, 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.

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.

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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 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 Element Physical Therapy to schedule an appointment. We offer the results you are looking for!



[Request an Appointment](#)

ELEMENT PHYSICAL THERAPY OFFERS DRY NEEDLING

Have you heard of dry needling before? If not, allow us to let you in on a helpful, pain-free therapy technique that may just change your life.

Dry needling has been proven to improve many musculo-skeletal conditions, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

This safe and efficient treatment option is used to relieve pain and muscle stress while enhancing mobility at the same time.

If you are looking for pain relief, or if you want to get more details about how our treatments might help you, ask for an appointment today at Element Physical Therapy!

[Click Here to Find Out More about Dry Needling](#)

[Request an Appointment](#)

HEALTHY RECIPE



PUMPKIN SMOOTHIE

- 1 can (15 oz. size) pumpkin pie filling
- 3 cups whole milk (more if needed)
- ½ cup vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed

Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get the consistency you'd like. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

www.thepioneerwoman.com/food-cooking/recipes/a10387/pumpkin-smoothie/

PATIENT SUCCESS

“My name is Elise and I am 14 years old. As an athlete you get injured. I play volleyball and softball in high school and travel. Last summer I injured my knee when playing softball and went to Element. Everyone was very nice and welcoming. Amy and her staff worked with me to strengthen my muscles to support my knee and **now I'm fully recovered and playing my sports with no pain thanks to Element.**”

[Click Here to
Share Your Success Story](#)

STAFF SPOTLIGHT



MARLESA MOORE, PT, DPT

Marlesa was born and raised in Shelby, MT. She attended Montana State University in Bozeman where she earned her Bachelors in Exercise Science in 2009. Marlesa graduated with her Doctorate of Physical Therapy from the University of Montana in 2013 and

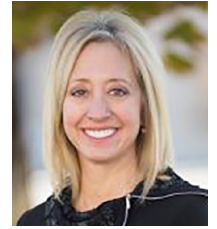
worked for several years in the state of Washington at an out-patient physical therapy clinic, eventually returning home to Montana to continue her career. She has extensive training in manual therapy including earning her Trigger Point Dry Needling (TPDN) Certification through Myopain Seminars. She is trained in manipulation of the spine, functional soft tissue mobilization, peripheral joint mobilization, sound-assisted soft tissue mobilization (SASTM), Proprioceptive Neuromuscular Facilitations (PNF), and Kinseiotape 1 and 2.

Marlesa specializes in treatment of migraines and headaches, the cervical, thoracic and lumbar spine, shoulder and hip though she can treat any and all joints of the body. She loves her career in helping individuals meet their physical and functional needs in order to live a fulfilling and fun life. She enjoys working with all patient populations from pediatrics to geriatrics and finds immense joy in sharing her knowledge and talents with her patient's. When Marlesa is not working she enjoys spending time with her two children, running, strength training, golfing, bowling, and spending time with her other family members including several nieces and nephews.



A NOTE FROM AMY

The Hip Bone's Connected to the Knee Bone...



Hello friends,

Did you know that knee pain might not originate in your knee at all? Often, pain in your knee actually indicates dysfunction in your hip!

This is because our different joints work together to allow us to move, a concept known as the kinetic chain. Every time you take a step, the movement of your hip joint informs the movement of your knee joint (which informs the movement of your ankle, and so on—just like in the song).

When you visit us for knee pain, we can let you know if your knee is the issue—or if you actually need to address an impairment in your hip. Either way, we'll help you find the relief you need to move freely and without pain!

All the best,

Amy Downing,

PT, Owner, Emory Certified Vestibular Specialist

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COME BACK TO PT!

ARE YOU IN PAIN?

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

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