



KNEE & HIP PAIN RELIEF

PHYSICAL THERAPY CAN HELP RESOLVE YOUR PAIN!

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call The Physical Therapy Institute today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is

associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At The Physical Therapy Institute, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at The Physical Therapy Institute are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993 Today!**

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

EDUCATION

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

ADVICE TO STAY ACTIVE

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

EXERCISE THERAPY

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretching exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CONTACT OUR CLINIC TODAY

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general



experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call The Physical Therapy Institute today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source: <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain> • <https://painphysicianjournal.com/current/pdf?article=NTlwOQ%3D%3D&journal=111> • [https://www.oarsijournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsijournal.com/article/S1063-4584(02)90796-X/pdf) • <https://www.sciencedirect.com/science/article/pii/S1063458414013429> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8022067/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/> • <https://doi.org/10.1016/j.pmn.2020.12.011>



**THE PHYSICAL
THERAPY INSTITUTESM**
ORTHOPEDICS AND SPORTS MEDICINE

Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
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Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

NO DOCTOR'S PRESCRIPTION NEEDED!

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. **To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.**

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

PATIENT SUCCESS SPOTLIGHT

"After being diagnosed by our PCP as needing vestibular stimulation for vertigo, and being referred to a PT that could 't take us for 3 weeks and then finding out the day before our appt that they didn't take our insurance, I found the PT Group through Google. They took our insurance and gave us an appt for 2 days later. The therapist and office manager were very kind and accommodating. The therapy worked after 2 visits!"

— Sharon A.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

www.physicaltherapyinstitute.com



EXERCISE ESSENTIALS

SINGLE LEG BRIDGES

Try this movement to relieve shin splints.

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Extend one leg straight, engage the abdominals, and slowly lift hips up towards the ceiling. Aim to keep your hips level and hold as instructed at the top before lowering your hips back to the floor. Repeat as instructed by your provider. 3 sets; 10 reps; hold.

 PT WIRED
www.ptwired.com



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

AVOCADO-EGG TOAST



Ingredients:

- ¼ avocado
- ¼ teaspoon ground pepper
- ½ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Directions

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>



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