



**DON'T LET HIP
AND KNEE PAIN**

Keep You on the Sideline



Physical Therapy
Solutions for

HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Carolina Prime Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE, AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse

type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

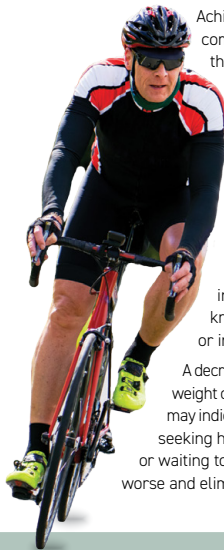
- Arthritis
- Tendonitis
- Sprains and strains
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Pinched nerves
- Dislocations

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

WHAT DO MY SYMPTOMS MEAN?



Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.



Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. 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 therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.



Scan to
book an
appointment!

Contact Carolina Prime Physical Therapy today, and tell us about your symptoms. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/3560326/>; <https://pubmed.ncbi.nlm.nih.gov/30126395/>; <https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-played-by-back-leg-pain>; <https://pubmed.ncbi.nlm.nih.gov/45559130/>

Healthy Recipe

GRILLED CILANTRO LIME CHICKEN & AVOCADO SALSA

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

For Avocado Salsa:

- 4 avocados, diced
- 1/2 cup fresh cilantro
- 3 tbsp lime juice
- 1/2 tsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve. Optional garnish: thinly sliced red onions.



<https://www.joyfulhealthyeats.com/cilantro-lime-chicken-with-avocado-salsa/>

STAFF SPOTLIGHT

HEATHER FORREST OWNER, PTA, OTR/L, PRPC

Heather has been practicing as a Physical Therapist Assistant for 18 years and as an Occupational Therapist for 10 years. For the past 5 years, Heather has dedicated herself to Women's Health and Pelvic Floor Dysfunction, finding treatments in this area to be incredibly effective and life changing. She believes strongly in evidence-based treatment and providing excellent, patient-centric care. She holds Certification as a Pelvic Rehabilitation Practitioner. Heather has extensive post graduate education in manual therapy, visceral mobilization and pelvic health. Heather developed the Women's Health and Pelvic Rehab Program for Carolina Prime Physical Therapy where she has opened her own practice along side of her husband Scott Forrest PT.

Heather is a member of the American Physical Therapy Association (APTA), American Occupational Therapy Association (AOTA), International Society for the Study of Women's Sexual Health (ISSWSH) and the International Pelvic Pain Society (IPPS).

She is committed to providing excellent care in a warm, nurturing environment and achieving optimal outcomes with evidence-based practices. She enjoys empowering and assisting others to make changes that positively impact their health and lifestyle. Heather is a passionate fitness enthusiast who often transitions patients from pathological problems to high level fitness participation.

Heather offers telehealth services to patients in NC. Membership programs and women's health programs available.



Patient

Success Story



"...all the therapists make it as easy and fun as possible!!"



"The whole staff at Carolina Prime are absolutely amazing!! I have had two total knee replacements and my physical therapy both times was at Carolina Prime!! The staff is VERY caring!! The therapy itself is hard but all the therapists make it as easy and fun as possible!! The therapists are always willing and encouraging you! I would definitely recommend Carolina Prime. Thank you Scott and Heather for what you guys did for me!! May God continue to BLESS you guys and Carolina Prime!!!"

— Dwenda H.

JOIN OUR TEAM!

WE ARE
HIRING
JOIN OUR TEAM

We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. See if you qualify to be part of our team — visit our website carolinaprimept.com to submit your application today.

AT-HOME EXERCISE

KNEE GAPPING

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.

Mobilizes the knee capsule and allows synovial fluid to lubricate the joint.



Google
Reviews ★★★★★



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Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190

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