



Physical Therapy

NEWSLETTER



KICK BACK & RELAX!

FIND RELIEF FOR YOUR KNEE AND HIP PAIN

Soothe That Ache

4 DIY ice-pack recipes that will save you from aches & pains

Exercise Essentials

Try this exercise to relieve hip pain

Feeling Stir-Crazy?

5 COVID-friendly tips for spring break

KICK BACK & RELAX!

*FIND RELIEF FOR YOUR KNEE
AND HIP PAIN*



Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been affected in some way or another. For more information regarding how our treatments can help you, give us a call today!

What causes knee and hip pain?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee,

your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

How physical therapy helps:

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at <insert client name here> are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!



*Suffering from hip or knee pain? Call **253.867.5759** to schedule a consultation with your physical therapist at PhysioWorks today!*

4 DIY ICE PACKS TO USE AT HOME

Here are some DIY ice packs to use when your joints are burning after all that walking:

4 Different Methods

1. (3)parts water to (1) part rubbing alcohol. This combination is recommended by physical therapists, because it is cheap, it stays flexible, and it works perfectly. There is also minimal mess if there is a leak! Win/win.
2. Corn syrup – Yup. Plain old corn syrup. This one is nice because it stays the softest and flexible compared to the rest; however, if it were to leak, you'd be left with a sticky mess.
3. Liquid dish soap – You guessed it, another one-ingredient ice pack! This one doesn't stay quite as flexible as the rest, but at least the mess won't be sticky in the event of a leak.
4. (2) parts liquid dish soap to (1) part rubbing alcohol. This is very similar to the one above but stays a bit more flexible.

To minimize the risk of leaking after repeated uses, make sure to double bag your ice packs in sturdy freezer bags with a double-lock seal. If you have a vacuum bag sealer, this is the perfect use for it.

Source:

<https://www.mayoclinic.org/symptoms/hip-pain/basics/causes/sym-20050684>



**GET BACK TO LIVING YOUR
LIFE PAIN-FREE!**

Call us at **253.867.5759** to book your appointment today!

Physio Works

EXERCISE ESSENTIALS

This Exercise Helps To Relieve Hip Pain!



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs. Hold for 30 seconds and repeat as needed.

www.simpleset.net  SimpleSet Pro

YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.867.5759**. Everyone stay safe and stay healthy.

*We are now accepting
Blue Cross Blue Shield insurance!*

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

FEBRUARY IS AMERICAN HEART HEALTH MONTH

- 1. Vaccinate before your trip, if possible.** If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and potentially spreading it to others, especially while you are on vacation.
- 2. Opt for a closer destination, if possible.** It is no secret that airports still pose a COVID risk, especially if you are traveling with children. If you are able to drive to your vacation destination that would be ideal, in order to avoid coming in contact with large crowds of people. Plus, there are always scenic places to visit right in our backyards!
- 3. Take advantage of COVID-friendly activities, especially outdoor excursions.** Did you know that Vitamin D helps to boost the immune system? A spring break trip is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are a great way to enjoy yourself during your vacation, while also being able to safely distance yourself from others and lower your risk of contracting the virus.
- 4. Pack the essentials – including your mask!** Be sure to ask what toiletries and other products are provided before packing your bags. Additionally, make sure to keep extra masks on you in case someone in your family misplaces theirs. The Centers for Disease Control and Prevention still recommend wearing a mask when going out in public areas. Masks work to keep not only you, but others safe as well by stopping the spread of germs. Get out and have fun while you're on vacation but remember to always bring your mask with you!
- 5. Protect yourself while you're away.** We can all get a little carried away while we're on vacation, but it is important to still remember to take the necessary health precautions. Carry hand sanitizer with you and remember to continue washing your hands frequently, especially after being in public places. Make sure to keep a mask on you at all times and don't feel pressured to participate in any vacation activities that may seem unsafe.



HEALTHY RECIPE SPRING PEA PASTA

Ingredients

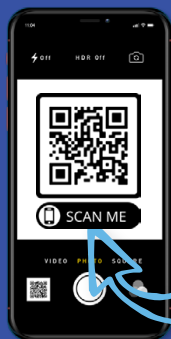
- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles

Directions

Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in a large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.feastingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>

DO YOU HAVE A SUCCESS STORY WITH US?



We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

PhysioWorks

PATIENT SUCCESS SPOTLIGHT



“PhysioWorks is not only a place to receive outstanding physical therapy, occupational therapy, chiropractic treatment, and massage but it’s also a place where you will find knowledgeable people who will be the best advocate for your physical well-being. You will always feel welcome by their amazing staff, from the entrance to the back of the building.” — **Pat N.**