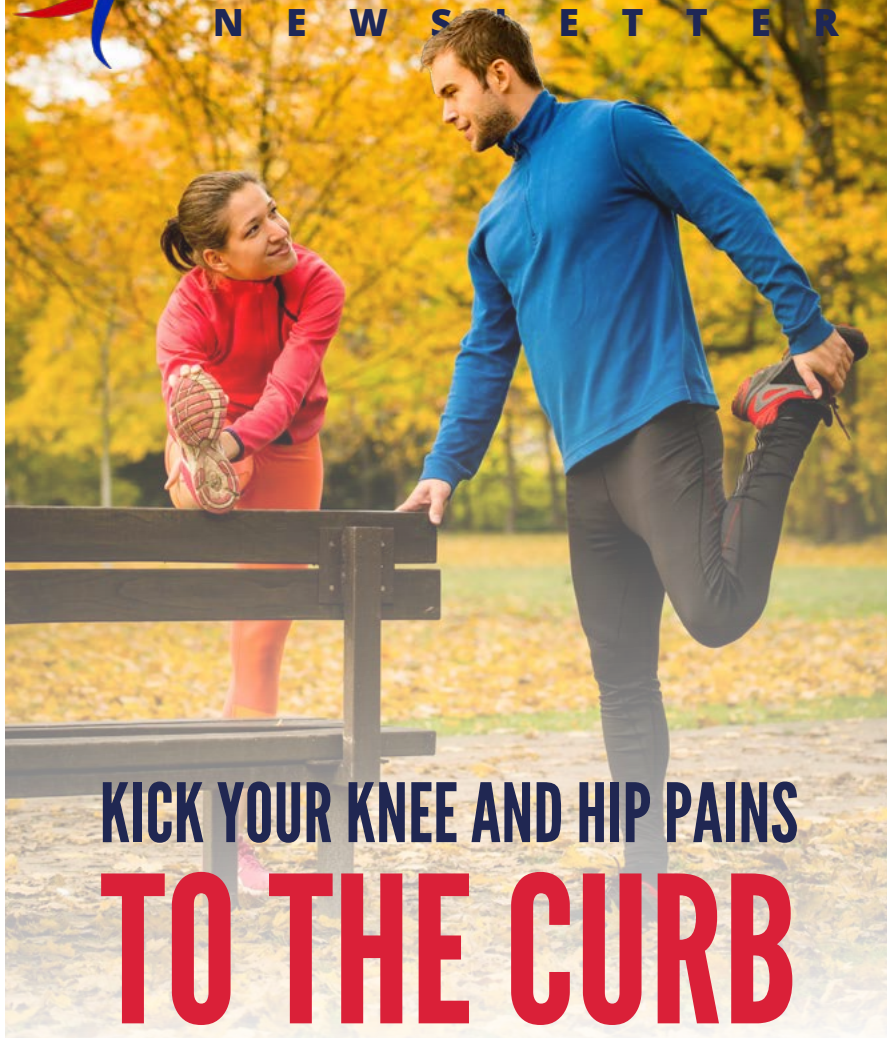




PhysioWorks

NEWSLETTER



KICK YOUR KNEE AND HIP PAINS TO THE CURB

*Physical Therapy
Occupational Therapy*

*Work Conditioning
Work Hardening
On-Site Worker Treatments*

*Hand Therapy
FCE*



KICK YOUR KNEE AND HIP PAINS *TO THE CURB*

Have you sustained a work-related injury to your hips or knees that has made it hard for you to comfortably walk, run, or exercise? Do you feel as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips.

Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. Our clinic treats tons of workman's comp cases daily, and we'd be more than happy to help you solve your pain problem. If you are suffering from knee or hip pain, contact PhysioWorks today for relief!

COMMON WORK-RELATED HIP AND KNEE INJURIES

The first things that come to mind when you hear the term "work-related injury" might be low back strains, rotator cuff injuries, or carpal tunnel syndrome. You probably don't think of hip and knee problems! Regrettably, this isn't always the case.

Hip injuries are fairly prevalent, especially with careers that entail heavy lifting, bending, crouching, climbing, crawling, twisting, and rotating, as well as jobs where individuals stand all day.

Some common hip injuries include:

- Strains to the front (hip flexors) hamstrings, and groin area from pulling heavy objects
- Labral tears
- Fractures or hip joint dislocations from falling off ladders or from heights

If you work a job that requires you to kneel on your knees often, you're at a higher risk of sustaining a knee injury. Many of them happen as a result of repetitive movements or overuse of the knee joint.

Some injuries that physical therapists at PhysioWorks treat often are:

- Fractures
- Strains
- Sprains
- Tendinitis
- Dislocations
- ACL tears
- Meniscus tears

(Continued inside)

ARE YOU MOVING CORRECTLY?

Bursitis is one condition that can affect both the knees and hips, and it's often referred to as "roofer's knee, carpet layer's knee, miner's knee," etc, based on whatever profession a person may have when they develop the condition. This condition occurs when too much pressure is applied to the bursae, (small, fluid-filled sacs surrounding the bones, muscles, and tendons near your joint) and they become inflamed.

CORRECTING YOUR KNEE AND HIP PAINS WITH PT TREATMENTS:

At PhysioWorks, our licensed physical therapists are movement experts. If you've hurt yourself on the job, they will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they will be able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups.

The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help return to work and feel your best. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation - these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

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EXERCISE ESSENTIALS

Helps Relieve Back Pain



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and/or buttocks.

Good stretch if you sit at a computer all day.

www.simpleset.net 

REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

253.867.5759

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

STAFF SPOTLIGHT

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- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a countertop, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.



Luda Moskvich

Lead Physical Therapist Assistant

Luda is a young, energetic provider that naturally motivates her patients to actively engage in therapy. She always strives to ensure there is value, quality, and effectiveness in all her treatments with every patient. Luda has extensive experience in outpatient, post-op care, and pediatric rehab. Luda has been with PhysioWorks the clinic's first day of practice. Therefore, she has developed and implemented many of the administrative systems and processes used in the clinic to ensure PhysioWork's staff is able to give the highest quality treatment to our patients. Luda is passionate about continuing to improve her skills and guiding patients through the ups and downs of the rehab process. Aside from her role as the Lead PTA, Luda continues to develop her industrial rehab expertise by earning her Ergonomics certification. Outside of work, Luda enjoys spending time with her family, traveling, working out, and cooking healthy food. She has a reputation amongst PhysioWorks staff as their "go-to" resource for Netflix recommendations.



Notice a loss of energy? Call to schedule a consultation with your physical therapist at PhysioWorks today!



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2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



COME BACK TO PHYSICAL THERAPY!

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

PHYSIOWORKS

319 S. WASHINGTON AVE.
KENT, WA 98032
(LOCATED INSIDE PHYSIO HEALTH CLINIC)
P: **253.867.5759**
F: **253.850.6445**

ATLAS PHYSIOWORKS

13410 HWY 99 #205
EVERETT, WA 98204
P: **425-787-5227**
F: **425-787-5228**

SILVERDALE

9399 RIDGETOP BLVD NW #101
SILVERDALE, WA 98383
P: **(360) 516-1210**
F: **(833) 287-7170**

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