



## THE CONNECTION BETWEEN HIP AND KNEE PAIN

### DOLOR DE CADERA, RODILLA Y PIERNA

Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At PhysioWorks, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our therapists can help you figure out the source of your pain and, more importantly, guide you back to health.

*To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!*

#### YOUR GUIDE TO RECOGNIZING THE SIGNS AND SYMPTOMS OF HIP AND KNEE PAIN

At PhysioWorks, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

##### The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or picking up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

##### Classic Indicators of Knee Pain

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.

Su cadera, su rodilla y sus piernas son resistentes, pero no están exentas de sufrir lesiones. Sus articulaciones más grandes están en sus caderas y sus rodillas, y son estas las que soportan el peso de su cuerpo. Ellas trabajan en estrecha coordinación y nos proporcionan la movilidad que necesitamos. No obstante, al sufrir de artritis y lesiones, y envejecer, los dolores pueden agudizarse. Si experimenta dolor de cadera, rodilla o pierna, llámenos para programar una cita y poder examinarlo más de cerca. No obstante, antes de que lo haga, vamos a hablarle un poco sobre este tipo de dolor.

#### ¿QUÉ CAUSA LOS DOLORES DE CADERA, RODILLA Y PIERNA?

Estos dolores son sorprendentemente comunes y se pueden originar por una variedad de razones. Si siente dolor en alguna parte de su pierna, localizar el lugar exacto puede ayudarlo a determinar la causa.

Mayo Clinic ha identificado varias causas principales de los dolores de cadera, rodilla y pierna. Si bien existen muchas causas, las más probables son:

- Artritis
- Dislocación
- Fractura de cadera
- Torceduras y esguinces
- Tendinitis
- Nervios pellizcados
- Osteoporosis
- Cáncer

Si bien algunas causas son más graves que otras, un médico puede identificarlas todas. A medida que el cuerpo envejece, las articulaciones se inflaman. El cartilago puede desgastarse, con lo cual se reduce la "amortiguación" entre los huesos.

En algunos casos, el flujo sanguíneo limitado puede causar la muerte del tejido óseo o necrosis. Si experimenta enrojecimiento, inflamación y articulaciones inmovilizadas, su afección puede ser grave.



## ¿CUALES SON LOS SÍNTOMAS?

Si bien el dolor de pierna se puede notar en base a muchos síntomas, hay algunos que sobresalen. Sentir dolor o rigidez alrededor de la cadera, la ingle, la espalda o el muslo puede ser un signo de problemas más profundos. Tener un rango de movimiento reducido es también un signo de problemas más graves, que pueden resultar posteriormente en dolores de cadera, rodilla o pierna.

En ocasiones, la inactividad puede contribuir a la falta de movilidad y, posteriormente, al dolor. Si cojea o se tambalea al caminar, o le cuesta trabajo mantener el equilibrio, debe contactar a un médico. Si bien algunos dolores de cadera, rodilla y pierna pueden desaparecer, aquellos que duran más de varios meses pueden indicar la presencia de un problema más severo.

## CÓMO PUEDE AYUDAR LA FISIOTERAPIA

En muchos casos, la fisioterapia puede ayudar a los pacientes a aumentar la movilidad de sus piernas. Al usar este tipo de tratamiento, ellos pueden estirar, flexionar y fortalecer los músculos responsables de soportar el cuerpo. Si una articulación parece estar deformada, o si se produce una hinchazón repentina, contacte a un médico de inmediato.

Un buen programa de fisioterapia también puede contribuir al tratamiento posoperatorio. Si se ha sometido a un tratamiento para la osteoporosis, o para una dislocación o una fractura, su terapeuta puede ayudarle a recuperar su movilidad completamente, así como un estilo de vida saludable. Estamos dedicados de principio a fin a su continuo bienestar. La fisioterapia sirve para mejorar la calidad de vida del paciente en todos los niveles. Estamos aquí para ayudar, y contamos con años de experiencia en todas las opciones de terapia. Póngase en contacto con uno de nuestros proveedores hoy mismo y hablemos sobre sus síntomas.

- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in diagnosing and treating pain effectively. This is where the expertise of our physical therapist can help!

## NAVIGATING THE PATH TO RECOVERY WITH PHYSIOWORKS

At PhysioWorks, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

- **Tailored Therapeutic Exercises:** Our therapists will provide you with stretching and strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.
- **Neuromuscular Re-education:** This involves using exercises and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determining the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

## FOLLOW THESE SIMPLE STEPS TO A PAIN-FREE LIFE

Are you ready to embrace a lifestyle that promises better mobility and less pain? At PhysioWorks, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

*Call today to schedule an appointment!*

## APPROACHING A NEW YEAR'S RESOLUTION

### ACERCÁNDOSE A UN RESOLUCIÓN DE AÑO NUEVO

1. Start with a list of what you want from life and the most important things to you.
2. Resolutions should be specific, making it easier to track your progress.
3. Write down your goal every day for a month to keep yourself accountable.
4. Your resolution should not be too difficult to achieve.

1. Comience con una lista de lo que quiere de la vida y las cosas más importantes para usted.
2. Las resoluciones deben ser específicas, lo que facilitará el seguimiento de su progreso.
3. Escriba su objetivo todos los días durante un mes para ser responsable.
4. Su resolución no debería ser demasiado difícil de lograr.



**CLICK HERE TO SCHEDULE AN APPOINTMENT**

**HAGA CLIC AQUÍ PARA PROGRAMAR UNA CITA**



**KENT**  
253.243.3542

**SILVERDALE**  
360.583.4745

# SERVICE SPOTLIGHT

## PRE/POSTNATAL PAIN RELIEF

At PhysioWorks, we integrate techniques such as manual therapy and pelvic floor therapy to help make your pregnancy and delivery process as smooth as possible.

With pregnancy, the body experiences many changes, including postural adjustments, increased load on the pelvic floor, and stretching and thickening of the ligaments. Changes such as these can cause back pain and pelvic floor issues. Muscle weakness may also lead to urinary incontinence and difficulty activating core muscles.

Though these are some of the more unpleasant parts of pregnancy, prenatal and postnatal treatments can help your body better prepare for the journey ahead. If you are an expectant mama or one who recently gave birth, don't hesitate to contact PhysioWorks today! We'll help make your pregnancy, delivery and postpartum recovery as easy for you as possible.

### Physical Therapy Can Help You Get Your Body Back!

PhysioWorks can help mothers deal with pre and postnatal pains as their bodies experience the effects of pregnancy and childbirth. Our Kent and Silverdale physical therapists will also help in addressing any problems that may arise during this exciting time.

By including physical therapy in your prenatal and postnatal care, you can be better prepared for one of the biggest challenges in your life: delivering and caring for a baby. You don't need to suffer before or after delivery. Contact us today to schedule an appointment, and we'll create a plan to help you along with your pregnancy.



## 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.physioworks.clinic](http://www.physioworks.clinic)



## READY TO RETURN TO WORK?

### ¿LISTO PARA VOLVER AL TRABAJO?

Call our Kent office at **253.243.3542** OR Silverdale office at **360.583.4745** to book your appointment today!

¡Llame a nuestra oficina de Kent al **253.243.3542** O a la oficina de Silverdale al **360.583.4745** para reservar su cita hoy!

## SUCCESS STORY

### HISTORIA EXITOSA

I definitely recommend this place. Everyone is so welcoming and nice. They genuinely care about you. It's also kid friendly, I have to bring my niece with me to every appointment and everyone is so nice to her & plays with her from time to time. They genuinely are amazing.

Definitivamente recomiendo este lugar. Todos son muy acogedores y amables. Realmente se preocupan por ti. También es apto para niños, tengo que llevar a mi sobrina a cada cita y todos son muy amables con ella y juegan con ella de vez en cuando. Realmente son increíbles.

-D.B.

Check out our  
**212 Reviews**  
on Google in Silverdale/Kent

## CALL US TODAY! ¡LLÁMENOS HOY!

### PHYSIOWORKS

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