

GAIN HIP, KNEE & LEG PAIN RELIEF

WITH PHYSICAL THERAPY



**NO
REFERRAL
NEEDED!**
(DETAILS INSIDE)

INSIDE:

- What Are the Symptoms?
- Exercises To Do At Home
- Patient Success Spotlight
- Staff Spotlight



DISCOVER MORE ADVENTURE WITH MORE MOBILITY!

SEEK HIP, KNEE & LEG PAIN RELIEF



Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes 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.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves

- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones. In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

SHARE THE LOVE!

FREE CONSULTATION

Give this coupon to a friend or family member for a **FREE PT Consultation!**


 Pure
PT & Pilates

Offer expires 2/28/21

8 HEARTS

WHAT ARE THE SYMPTOMS?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. 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 Can Help. In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

Sources: <https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>

<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>

<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

CONTACT US AT (956) 994-8880!



HOW WE ARE KEEPING YOU SAFE

We will be following COVID safe rules, as recommended by the Centers for Disease Control.

- Taking temperature of everyone coming in
- We will only be allowing 10 patients in our clinic at a time.
- Following strict sanitary protocols by sanitizing professionally.
- We have air purification systems installed on our AC units.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.

CHALLENGE YOUR MIND FIND THE HIDDEN PINK HEARTS



Challenge your mind! How many light pink hearts can you find?

Bring some Valentine's cheer into your life. Find the correct number of light pink hearts in this newsletter. Discover the correct amount under our coupon!



STAFF SPOTLIGHT

Ruben Alvarado, PTA

Congratulations to our very own PTA, Ruben Alvarado for becoming a Champion Performance Specialist (C-PS).

As a Champion Performance Specialist, Ruben has even more knowledge to help people restore, optimize, and enhance performance by assessing movement and building performance-based therapy and training programs. We are super proud of our therapists because they always continue to learn and grow so that we are able to continue helping those in need.



PATIENT SUCCESS SPOTLIGHT

“I was not sure that PT was what I needed when I first came in. Once the therapist explained how my back was causing my pain and worked on the problem area, I was convinced. Thanks for keeping me focused. I will continue to tell others about my experience.”

- Joseph M.



NO REFERRAL NEEDED!



Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Texas you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Minor aches and pains are warning signals from your body to let you know something is not working properly. Don't put off the pain until it's too late. **Come in today for a "Tune-Up."**

Exercise To Do At Home

Strengthens Glutes

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

SimpleSet Pro
www.simpleset.net



• HEALTHY RECIPE •

STRAWBERRY-CHOCOLATE GREEK YOGURT BARK

INGREDIENTS

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey

- 1 teaspoon vanilla extract
- 1½ cups sliced strawberries
- ¼ cup mini chocolate chips



DIRECTIONS

Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving. Equipment: Parchment paper

