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THE CONNECTION BETWEEN HIP AND KNEE PAIN

Dr Tyler Fallon, PT, DPT reviewing upper back and shoulder strengthening

ALSO INSIDE

- Signs and Symptoms of Hip and Knee Pain
- Partner Special • Featured Article Of The Month



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

FEBRUARY 2024



THE CONNECTION BETWEEN HIP AND KNEE PAIN

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 The ProClinix Sports Physical Therapy & Chiropractic, 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 interdisciplinary team (which includes physical therapists, chiropractors, massage therapists, and acupuncturists) 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 us as soon as possible!

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

At The ProClinix Sports Physical Therapy & Chiropractic, 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

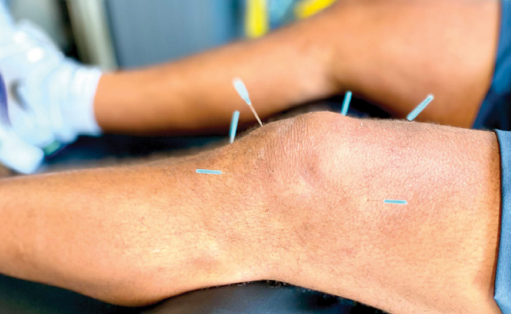
- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the 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, get up from a seated position, or walk 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.
- **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:** Popping or crunching noises during knee movement often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A classic knee pain symptom includes feelings of weakness or instability in the knee, making activities such as climbing stairs or even simple walking difficult.

Continued inside >>

ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!



Continued from outside >>

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

NAVIGATING THE PATH TO RECOVERY WITH THE PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC

At The ProClinix Sports Physical Therapy & Chiropractic, our team 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:

Pain Management: We offer several options for drug-free pain management, including chiropractic adjustment, massage therapy, and acupuncture. Acute pain relief prepares your body for the rehab techniques necessary to resolve or manage your pain.

Tailored Therapeutic Exercises: We can 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.

We go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine 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 The ProClinix Sports Physical Therapy & Chiropractic, 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!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

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FEATURED ARTICLE OF THE MONTH



AQUATIC THERAPY IN A "NUTSHELL" BY: AGNIESZKA TACHKOV, LPTA

Aquatic Therapy has been used for over 100 years in many cultures around the world. However, in the last 30 years, it has evolved to specialized pools with resistance jets, elevated hot and cold plunges, underwater treadmills with video cameras, and other specialized exercise equipment.

Aquatic rehabilitation treats patients while protecting joint surfaces by rehabilitating articular cartilage underwater without the fear of impact loading. Water promotes healing and therefore is an ideal environment for patients with musculoskeletal, neurologic, and cardiopulmonary conditions to recover post-injury or post-surgery. Additionally, Aquatic Therapy restores endurance, strength, active range of motion, and balance to a patient. Gait quality and optimal postural alignment can also be addressed through an Aquatic Therapy program due to the following fundamentals and principles of water's hydrodynamics properties.

DENSITY: specific gravity of 0.974 with males being higher than females. Lean body mass including bone, muscle, connective tissue, and organs has a typical density of approximately 1.1, whereas fat in excess of essential needs has a density of 0.9. Typically, the human body displaces a volume of water slightly higher than the body by forcing the body upward by a force equal to the volume of water displaced.

HYDROSTATIC PRESSURE: is a pressure that is directly proportional to both the liquid density and the immersion depth. Water exerts 22.4mmHg/ft of water, which translates into 1mmHg/1.36cm(0.54in) of water depth. Therefore, the human body immersed at 48 inches is subjected to a force slightly higher than normal diastolic blood pressure; this is the force that aids in the resolution of swelling in the immersed body part during treatment.

BUOYANCY: pressure in a fluid increases with depth. The human body with a specific gravity of 0.97 reaches floating equilibrium when 97% of the body is submerged. As the body is gradually immersed, water is displaced reaching the force of buoyancy. For example, up to neck immersion, only 15 lbs of compressive force is exerted on the spine, hips, and knees. If a person is immersed at waist level, the body is off-loaded 50% of total body weight allowing for safe partial weight-bearing exercises, ambulation, and balance training. For example, if a patient is non-weight bearing for 8-12 weeks due to a fractured pelvis, Aquatic Therapy can be an excellent treatment option since the body is suspended in the water (floating) allowing for safe rehabilitation, gentle strengthening, and Active Assistive Range of Motion.

VISCOSITY: refers to the magnitude of internal friction specific to fluid during motion. When a limb moves relative to water, it is subjected to the resistive effects of the fluid called drag force which is due to fluid viscosity and turbulence when present. For example, in a swimming person, the drag force is their head, and the negative pressure following the swimmer causes the greatest force resisting forward motion. In open-water swimming, the drag force can be much more powerful due to turbulence created by weather, creating up to 8 times more power, doubling the speed of an arm to move through water. During gait training, an individual immersed at 50% (waist level) using a kickboard for forward ambulation, is the appropriate amount of resistance, making balanced walking challenging. Utilizing resistance and drag force in Aquatic Therapy is an excellent way to improve gait, balance, and endurance for patients. Viscosity makes water a very useful strengthening medium.

THERMODYNAMICS: water retains 1,000 times more heat than air. Water is also an efficient conductor of heat, and in combination with the ability to transfer heat energy fast, water makes a versatile medium for rehabilitation. There are specific temperature guidelines for Aquatic Therapy pools. Most pools are set at neutral water temperatures ranging from 33.5-35.5 degrees Celsius which is ideal. However, other pool temperatures can reflect cool ranges of 26-29 degrees Celsius (ideal for vigorous exercise, swimming, etc.) or cold pools ranging from 10-15 degrees Celsius (great for post-exertional recovery). There are also warm pools ranging from 36-38.9 degrees Celsius (used for relaxation). In some cases, contrast baths are being done in cold and warm pools. For optimal results, Aquatic Therapy should be performed in a neutral water setting for musculoskeletal, neurological, orthopedic, and cardiopulmonary conditions to be treated safely and efficiently.

REFRACTION: is the bending of a ray of light as it moves from one medium to another of different densities (i.e. water into air). Refraction is the reason pools appear shallower than they really are and limb exercising in water appears distorted. It is important to closely monitor patients' alignment and optimal posture during the entire treatment session providing sufficient guarding techniques and manual and verbal cues.

As outlined above in a "nutshell", or shall I say "seashell," the fundamental hydrodynamic properties of water make Aquatic Therapy a unique tool to achieve patients' goals while maximizing individual well-being and functional independence in all aspects of functional mobility. Aquatic Therapy offers patients a safe and relaxed environment for rehabilitation and pain management which can also be used in conjunction with land Physical Therapy. Exercising in the water is less stressful on the joints and makes it easier to increase strength, endurance, balance, and range of motion with extremely low risk. Aquatic Therapy and Hydrotherapy have evolved significantly from wooden tanks filled with water to specialized pools used to enhance the rehabilitation and recovery of a patient.

Proclinix Sports Physical Therapy and Chiropractic Care offers one-to-one Aquatic Therapy sessions at the Jewish Community Center in Tarrytown, NY. Sessions range from 45-60 minutes for patients who meet the criteria for participation. Agnieszka Tachov, LPTA is the Aquatic Director at ProClinix Sports Physical Therapy & Chiropractic Care in Tarrytown, NY. For more information about this article or Aquatic Therapy, Agnieszka can be reached at atachkov@proclinix.com. Visit our website www.proclinix.com.

Sources: "The use of Aquatics in Orthopedic and Sports Rehabilitation and Conditioning" by Kevin E Wik, PT, DPT, FAPTA, and David M. Joyner, MD, FACS • "Aquatic Exercise Therapy" by Andrea Bates, BSc, PE, and Norman Hanson, BSc, PT

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WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physical Therapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

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