



## PHYSICAL THERAPY SOLUTIONS FOR HIP & KNEE PAIN

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# Physical Therapy Solutions For Hip & Knee Pain

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Therapy West Physical Therapy & Sports Medicine, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

**Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.**



## Common Causes Of Hip, Knee & 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.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

*While many causes of pain exist, the most common are:*

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

*In rare or more severe cases, the causes can be:*

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

## What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

**Book Your Next Appointment at [www.TherapyWestPT.com](http://www.TherapyWestPT.com) Today!**

# How Physical Therapy Can Help Your Hip & Knee Pain

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

**Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!**



Sources  
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**Stop Putting Off Your Pain. We Can Help!**  
Schedule your next appointment by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!



## Follow Us On Social Media!

We stay active on our social media platforms to provide you important updates, what's happening around our clinic, free workshops, patient success stories, videos, and more! Don't miss out - follow us today!

 **@therapywestpt**

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

<b>Gunnison</b> 435.289.6233	<b>Ephraim</b> 435.289.6410	<b>Mount Pleasant</b> 435.289.6442	<b>Richfield</b> 435.289.6509	<b>Bicknell</b> 435.289.6539
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# Staff Spotlight | Matt Barney

Matt Barney really enjoys being a Physical Therapist in his hometown! Having the opportunity to work in the town he grew up in has always been his dream. After completing degrees from Utah Valley University (Exercise Science) and from the University of Utah (Doctorate of Physical Therapy), Matt was able to make that dream become a reality.

With his wife, Kirsten, and their three children, Matt excitedly returned to Richfield to help care for the individuals that mean so much to him. Wanting to take an active role in the community, Matt is visible at the Richfield High School games and events. During Matt's free-time, he likes to spend time outdoors, exercising and making memories with his family.

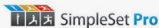
Working as a clinical director in the Richfield area, Matt has the opportunity to practice therapy in an amazing facility. The state of the art clinic in Richfield allows Matt to offer the greatest care to his patients. In close collaboration with surgeons, doctors, and other medical professionals, Matt assists his patients in getting back into the game of life. *"Our success involves staying up to date on the evidence-based interventions, communicating with providers, educating about home exercises, and performing the hands-on treatments our patients need. These efforts allow for progress and successful outcomes for our patients."*

Matt has had the opportunity to expand his skills as a therapist while working in Richfield. Along with being in the outpatient clinic, Matt also works with patients in home health and skilled nursing (rehab center) settings. This diversification in work allows Matt to care for numerous patients and advance his abilities as a therapist.



To learn more about our team and how we can help you, simply scan the QR code or by visit us online at [www.TherapyWestPT.com](http://www.TherapyWestPT.com)

## Exercise of the Month Sacral Stretch



Squat deep. Keep your knees behind your toes. Use elbows to push knees wide.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) to schedule your consultation today!