



# NATURAL RELIEF FOR HIP, KNEE, & LEG PAIN

2021

How Physical  
Therapy Can Help

Exercise Of  
The Month

When To Use Ice &  
Heat For Pain Relief



## NATURAL RELIEF FOR HIP, KNEE, & LEG PAIN

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 & 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.

### 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.



### Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 847-1200



# 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.

<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>



## FEEL BETTER BY EATING BETTER

### RAINFORREST SMOOTHIES

- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tsp honey

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

## EXERCISE OF THE MONTH

### KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.



Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



# WHEN TO USE ICE & HEAT FOR PAIN RELIEF

When you've just sprained your ankle or pulled a muscle, all you want is some pain relief. If painkillers are handy, you probably pop a couple of them. If not, you ask for some ice... or was that heat instead?

To sort out this confusion, let's see what they really do. Both ice and heat relieve pain and help recovery.

## HOW TO USE ICE

Ice is useful when you want to reduce swelling. For example, your ankle balloons up after a sprain. This is because blood and fluid collect rapidly, making it both painful and stiff.

At this point, an ice pack helps to close off those tiny vessels. The blood flow slows down. Small nerves become numb, so the pain reduces. The muscles also relax. The inflammatory reaction is slowed down. As a result, your ankle is less swollen and painful.

Ice packs are very useful in bruises, strains and joint swellings. Use them for any acute swelling, over the first 24 to 48 hours (except back strains). Ice helps later too, while exercising the limb. Our friendly therapists can show you how to make movements less painful and more flexible by using an ice pack just before or during exercise.

## HOW TO MAKE AN ICE PACK

Wrap a plastic bag of frozen peas or ice cubes in a thick cold wet towel. Place it on the injured part. Check after a few minutes to make sure the skin is not red, an early sign of frostbite. Generally, icing for 15 to 20 minutes is enough. Repeat every 2-4 hours. Our therapists will help you use ice properly for healing and pain relief.

## HOW TO USE HEAT

Heat packs, bottles or infra-red lamps can be very useful if you have a muscle spasm or 48 hours after injury. Icing a muscle spasm contracts the muscle fibers, so they would hurt intensely. On the other hand, heat improves the circulation, soothes and relaxes the muscles by carrying away toxins and bringing in healing oxygen. Heat can comfort a back or neck strain, especially if it has been persisting for some time.

When you use a heat pack, wrap it in a towel and check the temperature so it doesn't burn the skin.

## WHEN NOT TO USE HEAT

Don't use heat if you have a painful, red or swollen joint. This increases circulation so that fluid collects, worsening the swelling and stretching or compressing the nerves and surrounding healthy tissue. This makes it still more painful. You'd be better off icing it.

I enjoyed extremely efficient care, along with a calm, homey atmosphere. I never felt like a 'number' as I had in other local PTs. Definitely would return for any treatment/therapy needed in the future. Thanks for everything!

J. M.  
5-Star Review



### FIND US

801 Fifth Ave  
New Brighton, PA 15066

### OUR HOURS

Monday & Tuesday: 8 AM - 5 PM  
Wednesday: 8 AM - 12 PM  
Thursday & Friday: 8 AM - 5 PM  
Saturday & Sunday: Closed

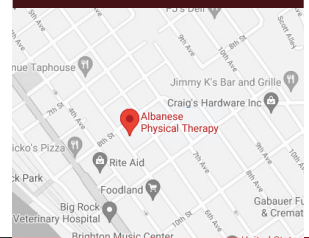
### CONTACT US

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@ALBANESEPHYSICALTHERAPY



Get Your Life Back with Albanese Physical Therapy  
Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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