

NEWSLETTER

FREE SCREENING

Offer Inside...



KNEE AND HIP PAIN RELIEF PHYSICAL THERAPY CAN HELP

2023

What You Can Expect
At Physical Therapy

Choco-Peanut Butter
Energy Bombs

4 Exercise Tips
To Help Your
Back & Knees



KNEE AND HIP PAIN RELIEF PHYSICAL THERAPY CAN HELP

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Albanese Physical Therapy today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Albanese Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.



HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Albanese Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.



Has Your Pain Come Back?

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

(724) 419-8927



FREE SCREENING

Schedule your free screening today!

(724) 419-8927

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. **Supervised exercise therapy includes:**

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CONTACT OUR CLINIC TODAY

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Albanese Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source
<https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>
<https://painphysicianjournal.com/current/pdf?article=NTIwODQ%3D%3D&journal=111>
[https://www.oarsijournal.com/article/S1063-4584\(02\)9779-X/pdf](https://www.oarsijournal.com/article/S1063-4584(02)9779-X/pdf)
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/>
<https://doi.org/10.1016/j.pmn.2020.12.011>



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



FEEL BETTER BY EATING BETTER

CHOCO-PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

HOPE BELAN

ADMINISTRATION STAFF



Hope Belan joined the Albanese Physical Therapy Team in July 2023 as the Administration Assistant and Physical Therapist Aide. Prior to joining APT, Hope worked for Sal's Restaurant as a Hostess.

Hope is a 2023 graduate of New Brighton High School and the Beaver County Community Technical College where she studied Business Information Systems and IT. While attending both schools, Hope was involved in many extracurricular activities & achieved many accomplishments. She was a 4-year member of student council, 2-year member of National Technical Honors Society, 1 year member of National Business Honors Society, and a 2-year member of Future Business Leaders of America. She went to Hershey PA to compete in the FBLA state leadership conference, where she won 3rd place in the state for the Word Processing event. Hope was also a member of the New Brighton Varsity Cheerleading team, where she served as Co-Captain her junior and senior year.

Hope currently resides in New Brighton, where she takes pride in staying active in her community. She coaches the New Brighton Little Lions Midget Cheerleading Competition Squad and loves spending most of her time outdoors.

Hope is looking forward to her time at APT working alongside Rich and Stephanie to facilitate the patient experience. She hopes to help things run smoothly and help patients reach 100% of their rehabilitation goals.

4 EXERCISE TIPS TO HELP YOUR BACK & KNEES

If you search online to find exercises to help you resolve your pain or prevent it from happening, you will get various recommendations. *Fortunately, some safe, effective exercises help provide relief for people suffering from pain, including the following:*



- 1. Backbends and/or press-ups:** We spend most of our lives slouched over. Performing back extensions (back bends) helps offset the time bent over.
- 2. Glute stretches:** Sit with one foot resting on the opposite knee. Gently lean forward until you feel a stretch in your buttock muscles. This is a common area of tension, and this stretch can help alleviate it.
- 3. Core activation:** Try lying on your back and gently press your lower back into the ground without moving your pelvis. Maintain the pressure of your lower back on the floor and alternate lifting your feet off the ground. Learning to engage your core correctly helps reduce the risk of injury.
- 4. Bridges:** Try lying on your back with your knees bent and feet flat on the ground. Strengthening back and butt muscles helps alleviate pain and pressure in your spine and lower extremity joints. Brace your torso while you lift your buttock into a bridge.

Physical therapists are movement experts and can teach you the exercises that will help your specific condition so you can get back to doing what you love!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30252425/>, <https://pubmed.ncbi.nlm.nih.gov/32669487/>, <https://pubmed.ncbi.nlm.nih.gov/25591130/>

Rich at Albanese Physical Therapy is the BEST. I had a hip replacement and Rich really helped me get back to normal. Since I recently had back fusion, this made Rich's job much more difficult than usual. Other issues were popping up since I had these 2 surgeries close together. He knew exactly what to do, and I'm so thankful for his expertise. If my back issues flare up, I'll definitely come back to Rich for therapy. This facility is awesome and in pristine condition. Kelsey at the front desk is awesome too. Thanks Rich for treating my physical therapy needs.



5-Star Google 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

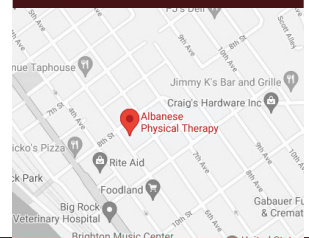
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Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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