

NEWSLETTER



**Albanese
Physical
Therapy**

HOW PHYSICAL THERAPY TACKLES HIP PAIN

2024

Understand Your
Outcomes

Feel Better By
Eating Better

Mind Exercise
Crossword Puzzle



HOW PHYSICAL THERAPY TACKLES HIP PAIN

You want to take care of some chores or go for a walk—but hip pain is keeping you on the couch. If this sounds familiar, know that you don't have to suffer! At Albanese Physical Therapy, our physical therapists will guide you through a simple process to address your hip pain so you can get active again.

PINPOINT YOUR SYMPTOMS

There are several potential reasons why someone might develop hip pain. To treat your pain effectively, we need to pinpoint what that cause could be.

When you visit us for your initial appointment, one of the first things we'll do is ask you to share your symptoms. "Hip pain" often causes a lot more than just pain, and being able to describe your pain, mobility limitations, and other concerns helps us get a clearer picture of your condition.

For example, you know that your hip hurts. But when do you experience pain (i.e., during activity)? Does your pain come and go? Where do you experience pain? Is it just in your hip, or do you feel it elsewhere? Is the pain a dull ache? Sharp and shooting?

Make sure to share additional symptoms you might be experiencing, too. Here are some common ones:

- Stiffness/limited range of motion in your hip
- Weakness throughout the lower extremities
- Mobility issues, including walking, going up or down stairs, or struggling to stand up

IDENTIFY A CAUSE AND DEVELOP A TREATMENT PLAN

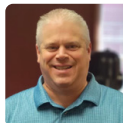
Thanks to your detailed symptom description—as well as a health history and comprehensive physical exam—your therapist should be able to determine the underlying cause of your hip pain.

If you're 55 or older, there's a good chance your hip pain stems from osteoarthritis. This degenerative condition causes cartilage and bone tissue to break down, leading to pain and restricted mobility.

However, hip pain can also stem from an injury. If you're an athlete or particularly active person, you may have suffered an acute injury, such as a labral tear, in which a ring of cartilage in the hip socket becomes damaged. You may have also sprained your hip—that is, damaged the ligaments that hold the joint together.

Your treatment plan will vary based on the underlying cause of your pain, but in most cases, we aim to...

- Help manage acute pain with manual therapy, modalities, or gentle stretches.
- Improve mobility and range of motion through targeted stretches and exercises.
- Build strength in the muscles surrounding the hip to support the joint.
- Restore your ability to perform everyday movements, such as going up stairs—and for the athletes, we'll help restore your ability to perform sport-specific movements.



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

UNDERSTAND YOUR OUTCOMES

As with treatments, your exact outcomes will vary based on the underlying cause. However, other factors can come into play, too, such as age, health status, and the amount of time you can spend with physical therapy (whether in the clinic or performing home exercise programs).

For example, osteoarthritis has no cure, but you can manage your symptoms with regular physical activity. If you stick with your prescribed exercise program, you can minimize pain, slow the progression of your condition, and delay or even avoid surgery.

If you suffered an injury, you likely will be able to resolve your hip pain, usually within 1-3 months. However, if your injury was severe, full rehabilitation—the point at which you've fully restored strength and function—may take longer. Continuing any prescribed exercises is important even if you no longer feel pain.

START YOUR OWN JOURNEY TO HIP PAIN RELIEF TODAY

No matter the reason for your hip pain, the physical therapists at Albanese Physical Therapy will guide you toward lasting relief. Call us today to schedule an appointment to get started!

Sources:
<https://pubmed.ncbi.nlm.nih.gov/33448747/>
<https://www.choosept.com/guide/physical-therapy-guide-to-osteoarthritis-of-hip>
https://www.physio-pedia.com/Hip_Pain_and_Mobility_Deficits



FEEL BETTER BY EATING BETTER

OATS WITH APPLES & CRANBERRIES

- 1 cup oats
- 1 large apple, diced
- 1/2 cup fresh cranberries
- 3 tbsp maple syrup
- 1 tbsp pure vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 2 pinches of kosher salt
- 4 1/2 cups almond milk

Spray a 2-quart or 4-quart slow cooker insert lightly with cooking spray. Combine the steel cut oats, diced apple, cranberries, maple syrup, vanilla extract, cinnamon, cardamom, salt, and almond milk. Stir to mix thoroughly. Cover and cook on low heat for 6 hours (for firmer oats) to 8 hours (softer oats with the slightest chew), stirring once or twice if possible. As the oats are cooking a thin, dark colored skin may form on top of the oats and they will look slightly dry at first glance.

EXERCISE OF THE MONTH

HIP ABDUCTION

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.

Having trouble performing this or having discomfort? Call us at (724) 419-8927 for a free consult!



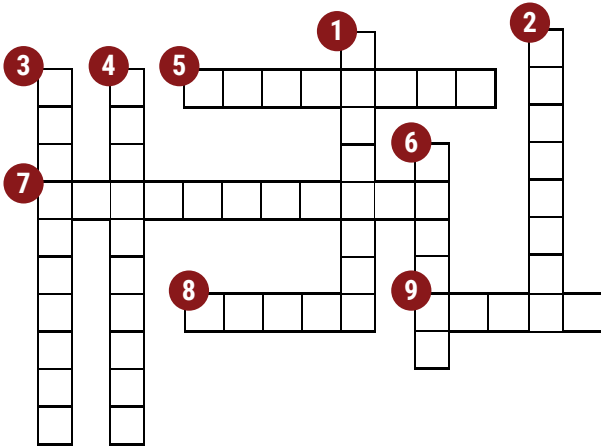
Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com



MIND EXERCISE

CROSSWORD PUZZLE



DOWN

1. The property of being bent or shaped
2. A break of a bone
3. A common injury for tendons
4. A muscle group on the back of the thigh that can bend
6. What is one reason why you might go to the physical therapist?

ACROSS

5. Quality of moving freely
7. Disruption of a joint
8. Something inside your leg that is easily sprained or broken
9. An involuntary / automatic response to a stimulus

The treatment I received at Albanese was remarkable. Rich and his staff are wonderful caring people, who always made me feel welcome. I highly recommend them.



Google 5-Star Review



**Albanese
Physical
Therapy**

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

NEW YEAR, NEW INSURANCE BENEFITS!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. **Let Albanese Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.**



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!

ALBANESEPHYSICALTHERAPY.COM

