

HAPPY  
Valentine's  
DAY



## FALL IN LOVE WITH PAIN-FREE HIPS AND KNEES

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 Anders and Associates Physical Therapy, 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 therapists 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 one of our physical therapists as soon as possible!*

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

At Anders and Associates Physical Therapy, 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 or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking 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:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

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



# FEBRUARY IS HEART HEALTH MONTH

When's the last time you thought about your heart health? February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves.

According to the National Library of Medicine, an estimated 16.3 million Americans aged 20 and older have coronary heart disease (CHD). The symptoms of CHD include heart attacks and chest pain. In the United States, 7.9 million individuals have suffered from heart attacks, and 9 million have experienced chest pain.

These statistics can be alarming, but rest assured that there are several ways you can help improve your heart health! The therapists at Anders and Associates Physical Therapy have put together a list of manageable lifestyle changes you can make as soon as today to ensure good heart health for years to come.

## 1. Exercise regularly

Regular physical activity can help you gain muscle strength and endurance. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues.

If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day. From there, increase the amount of time you walk each day and quicken your pace. You will eventually be able to work up to a more strenuous activity, like running or biking.

## 2. Eat lots of fruits and vegetables

According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%.

Ten servings may sound like a lot, but remember that there are many ways to up your fruits and veggies intake. You could add fruit to your water, add vegetables to your fruit smoothie, and snack on carrots and hummus during the day instead of chips.

## 3. Manage your stress

Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health.

Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.

## NAVIGATING THE PATH TO RECOVERY WITH ANDERS AND ASSOCIATES PHYSICAL THERAPY

At Anders and Associates Physical Therapy, our physical therapists 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:

- **Tailored Therapeutic Exercises:** Our therapists will 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.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determining 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

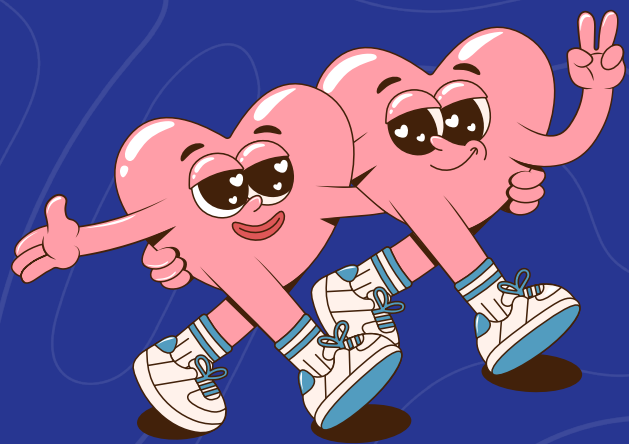
Are you ready to embrace a lifestyle that promises better mobility and less pain? At Anders and Associates Physical Therapy, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

*Call today to schedule an appointment!*

**BOOK YOUR APPOINTMENT TODAY!**



**(702) 751-0798**



# SEASONAL RECIPE

## EASY VALENTINE'S DAY CHAMPAGNE CUPCAKES



### Ingredients

- cooking spray
- 1 (18.25 oz) white cake mix
- 1 1/4 cups Champagne/sparkling white wine at room temperature
- 1/3 cup vegetable oil
- 3 eggs
- 1/2 cup butter, softened
- 4 cups confectioners' sugar
- 1/4 cup Champagne or other sparkling white wine at room temperature

### Directions

Preheat oven to 350 degrees F (175 degrees C). Spray 24 muffin cups with cooking spray. Mix cake mix and 1 1/4 cup Champagne in a large mixing bowl; stir in vegetable oil and eggs. Beat batter with an electric mixer on medium speed for 2 minutes. Pour batter into the prepared muffin cups, filling them 3/4 full. Bake cupcakes in the preheated oven until a toothpick inserted into the middle of a cupcake comes out clean, about 20 minutes. Cool cupcakes in pans for 10 minutes before removing to finish cooling, about 30 more minutes. Mix butter, 1 cup confectioners' sugar, 1/4 cup Champagne, and vanilla extract in a bowl. Stir in remaining confectioners' sugar, 1 cup at a time, until frosting is smooth and creamy. Spread on cooled cupcakes.

## WE WANT TO HEAR YOUR SUCCESS STORY!

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forward to hearing from you!



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## EXERCISE ESSENTIALS

### SINGLE LEG SQUAT

*Try this movement that strengthens your knee*

Stand facing away from a chair and raise one leg straight out in front of you. Slowly bend at your hip and knee to lower your butt down until it touches the edge of the chair. Then, press through your heel to stand back up. Make sure to keep your other leg raised off the ground and to keep your abdominals braced. 3 sets, 10 reps, hold.



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