

# HPT

Highland Physical Therapy

## HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

A photograph of a man with a beard and a young girl with curly hair, both smiling and looking at a tablet computer together. The man is on the left, leaning in, and the girl is on the right, pointing at the screen. The background is softly blurred, suggesting an indoor setting.

**RECAPTURE  
YOUR LIFE  
FROM KNEE &  
HIP PAIN**

[www.hptny.com](http://www.hptny.com)

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- Who Needs Physical Therapy? • Healthy Recipe
- Patient Spotlight • Exercise Essentials



# KNEE & HIP PAIN RELIEF

## Get Active Again with Physical Therapy

Mark Twain once said that growing old is an issue of "mind over matter," but if you struggle with knee or hip pain, then you know that this isn't true at all. Knee and hip pain can really take the spring out of your step, causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step.

There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident.

### Don't Wait Until It Is Too Late!

When an injury develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist soon after an injury develops can help 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.

When you are dealing with a knee or hip injury, every step requires more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office.

### What Can Physical Therapy Do to Help?

Physical therapy is not a one-stop cure-all for pain management. This is a long-term solution to pain and suffering through the use of targeted exercises and stretching techniques that are designed to strengthen the targeted areas and help the body recover and heal. By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to increase flexibility, motion, strength and even improve coordination.

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# WHO NEEDS PHYSICAL THERAPY?

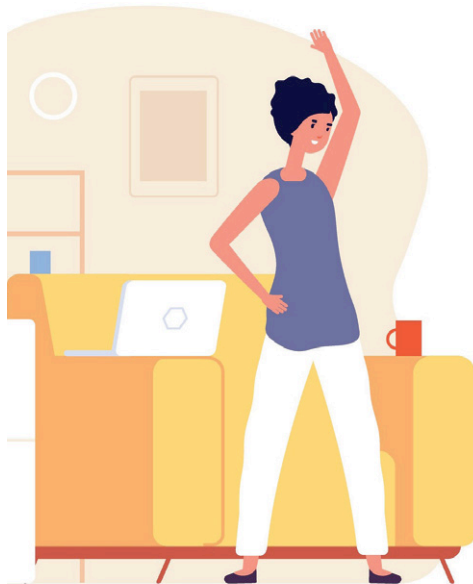
Are you moving like you should be? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking or running, you need your hips and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait, which is the way that you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

**If you've experienced any hip or knee pain and are considering whether physical therapy is a good choice for your health needs, consider the following:**

- **From a standing position**, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physical therapy could be helpful.
- **In a sitting position**, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physical therapy.
- **From a standing position**, with your feet planted flat on the floor, can you push your body into a squatting position? You should be able to squat all the way down so that your buttocks are almost touching your heels. If you aren't able to do this, then physical therapy may be helpful in improving your range of motion.
- **Standing near a wall or countertop**, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physical therapy may be able to improve balance and coordination.

The goal of any physical therapy program is to restore range of motion and improve flexibility and strength while reducing the general experience of pain. Unfortunately, hip and knee injuries often tend to linger. Every movement relies so heavily on the hips and knees that it makes it difficult to allow these joints to actually rest following an injury.

Physical therapy provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. For more information, contact Highland Physical Therapy to learn more about options that will suit your health needs.



## PATIENT SPOTLIGHT

"I came to Highland Physical Therapy with terrible pain and tears. Every person at this office showed me compassion and helped me! Kate is my therapist and is very professional, thorough, knowledgeable, and sweet. Kate and everyone here treats all the patients as individuals with respect for how each person is so different and our needs are met personally. Gina greets you with a smile, you can just feel it even though all wear masks! It is so comforting to deal with an office where every staff person is so kind and helpful! The atmosphere of teamwork and synergy at this office is excellent! I thank God and thank you all at Highland Physical Therapy for being a blessing and an answer to my prayers!" – **J. S.**

**You Can Be Free of Your Pain! Call Today or visit us at [www.hptny.com](http://www.hptny.com)**

# HEALTHY RECIPE

## Coconut Caramel Popcorn



### INGREDIENTS

- 1/3 cup French vanilla Coconut Creamer
- 1/2 cup unpopped kernels
- 1/2 cup vegan butter
- 3 Tbsp agave nectar, amber
- 1/2 cup dark brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup dried coconut flakes, unsweetened, toasted
- 1 tsp vanilla

### DIRECTIONS

Pop your favorite popcorn from yellow corn kernels over stove top or use favorite microwave popcorn brand. Spread on baking sheet and set aside. In a saucepan, melt vegan spread and stir in the agave, brown sugar, cinnamon, and salt until dissolved. Take the pan off the heat and slowly whisk in the creamer until well combined. Return to heat, and continue to whisk for 10 minutes or until sauce reaches an amber color and thickens enough to coat the back of a spoon. Stir in coconut flakes and vanilla. Let cool slightly before drizzling over popcorn. Drizzle mixture over popcorn and blend in with a spatula. Serve immediately.

*\* This recipe is shared courtesy of So Delicious Dairy Free.*

# EXERCISE ESSENTIALS

## Use this exercise to Relieve Hip Pain

Exercises copyright of  
 SimpleSet Pro

### Butterfly Stretch

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs. Hold for 30 seconds and repeat as needed.



## Our Services

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Massage
- Balance & Fall Prevention
- Joint Mobilization
- Graston Technique
- Electric Stimulation
- Laser Therapy
- Kinesio Taping
- Ultrasound

## Has Your Pain Come Back?

**1** Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

**2** If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

**3** Call Highland Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

## Are You In PAIN?

You may benefit from physical therapy if you suffer from:

- Lower Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems Walking
- Dizziness
- Sports Injury

We can get you out of pain and back to the things you love!

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*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*