

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

pacificpropt.com

- IRVINE**
1 Peters Canyon Road
Suite 120
Irvine, CA 92606
949.679.3988
- LAGUNA HILLS**
24422 Avenida de la Carlota, Suite 100
Laguna Hills, CA 92653
949.716.2730
- MURRIETA**
25284 Madison Ave.
Suite 103
Murrieta, CA 92562
951.600.0054
- MURRIETA/FRENCH VALLEY**
29992 Hunter Road
Suite 106
Murrieta, CA 92563
951.417.8195
- TEMECULA**
28780 Single Oak Drive
Suite 295
Temecula, CA 92590
951.506.0200
- CORONA**
1561 E. Ontario Ave.
Suite 101
Corona, CA 92881
951.407.9233
- HEMET**
949 S. State Street
Hemet, CA 92543
951.929.9890

**New Location
Coming Soon!**

**PHYSICAL THERAPY SOLUTIONS
FOR HIP AND KNEE PAIN**

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at PacificPro, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes of 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.

pacificpropt.com

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Sprains and strains
- Cartilage injuries
- Fractures
- Dislocations
- Pinched nerves

In rare or more severe cases, the causes can be:

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the

location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to

Continued inside.

**NO DOCTOR'S
REFERRAL NEEDED**

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.



RIDE THE WAVE TO RECOVERY
NEWSLETTER

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE

**PHYSICAL THERAPY SOLUTIONS
FOR HIP AND KNEE PAIN**

- IRVINE**
949.679.3988
- MURRIETA**
951.600.0054
- TEMECULA**
951.506.0200
- CORONA**
951.407.9233
- LAGUNA HILLS**
949.716.2730
- MURRIETA/
FRENCH VALLEY**
951.417.8195
- HEMET**
951.929.9890
- New Location
Coming Soon!**

HEALTHY RECIPE

Candy Corn Smoothie

INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks



DIRECTIONS Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

EXERCISE TO TRY AT HOME

IT BAND STRETCH - SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



Physical Therapy Solutions for Hip and Knee Pain

Continued from previous page.



immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How physical therapy helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach your strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>
<https://pubmed.ncbi.nlm.nih.gov/30126395/>
<https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>
<https://pubmed.ncbi.nlm.nih.gov/25591130/>

3 Tips To Improve Nutrition In The Fall



1. Harvest Your Herbs. Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.



2. Become A Soup chef. Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.



3. Make a New Fermented Friend. Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.



PATIENT SUCCESS



"I began working with Kenny at PacificPro in preparation for total knee replacement surgery. The pre-surgery sessions put me ahead of the game for post-surgery results. I am now 4 months out from second replacement surgery and back to normal activities. The entire PacificPro team shows professionalism, competence, and even make difficult situations a pleasant experience." –G.C.

We want to hear your Success Story. Scan the QR code and leave us a Google review.



Thank you!

IRVINE
949.679.3988

LAGUNA HILLS
949.716.2730

MURRIETA
951.600.0054

**MURRIETA/
FRENCH VALLEY**
951.417.8195

TEMECULA
951.506.0200

HEMET
951.929.9890

CORONA
951.407.9233

**New Location
Coming Soon!**

Has Your Pain Come Back? Come Back to PT!

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 your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com

pacificpropt.com