

Independent &  
Privately Owned



## THE CONNECTION BETWEEN HIP AND KNEE PAIN

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 Adams 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 Adams 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.

Did you know? Adams PT offers CUSTOM-fitted orthotics, unlike leading competitors! Stay in town and local for your custom orthotics today!

# FLEXIBILITY FUSION: UNITING THE JOINTS!



- **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!

## Navigating the Path to Recovery with Adams Physical Therapy

At Adams 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 determine 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 Adams 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 us today to schedule an appointment!*

**CLICK HERE TO SCHEDULE  
AN APPOINTMENT**



## "Paws-itive Vibes"

 **MEET  
BANNER**

Banner is a loveable therapy dog!  
He made a surprise guest appearance today at Adams Physical Therapy Services!  
Banner enjoys interacting with patients & making everyone feel welcome & happy!

**Look for Banner again in the near future!**

**Adams**  
Physical Therapy 



**Call Today! Portland: 1.260.786.5192 | Winchester: 1.765.787.0396**



## REFER A FRIEND

Do you have any friends or family unable to do the following?

- Move without pain
- Bend and move freely
- Balance confidently and securely

If you know someone suffering from aches and pains, refer them to Adams Physical Therapy today. Share this newsletter or have them call [1.260.786.5192](tel:1.260.786.5192) directly for a [Free Pain Consultation](#).

**REQUEST FREE CONSULT**

# PATIENT TESTIMONIALS

## Success Story

I have found the entire staff here professional and well informed. This particularly applies to the people I have worked with the most. Swathi, Haley, and Brenda. A plus to all. Everyone in general is a pleasure to work with.



**Adams**  
Physical Therapy

## DIRECT ACCESS

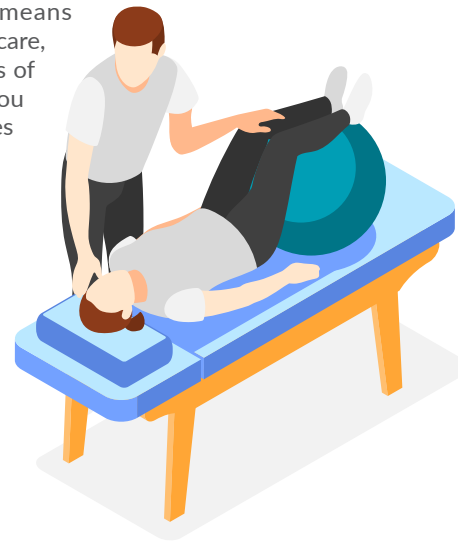
### Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury, or want to improve your health, a physician referral is not needed. In the state of Indiana you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well.

Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Minor aches and pains are warning signals from your body to let you know something is not working properly. Don't put off the pain until it's too late. *Come in today for a "Tune-Up."*



## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your Google review. We look forward to hearing from you!

★ **PORTLAND REVIEW**

★ **WINCHESTER REVIEW**



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