



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

A photograph of two women running outdoors. The woman in the foreground is wearing a maroon tank top and patterned leggings, smiling broadly. The woman in the background is wearing a purple tank top and is also smiling. The background is a blurred outdoor setting with trees and a building.

UNDERSTANDING HIP, KNEE, AND LEG PAIN

*Physical Therapy
Can Help You Get
Back to Moving*

ALSO INSIDE:

- How PT Can Help
- Trivia Challenge
- Service Spotlight: Joint Mobilization
- Staff Spotlight
- Exercise Essentials
- Patient Success Stories

HIP, KNEE, AND LEG PAIN

**Learn More About
the Causes and
How PT Can Help**

CLINIC UPDATE

Great news: our staff has begun the process of receiving our vaccinations against COVID-19 and we strongly encourage our patients who are currently eligible to receive the vaccine as well, to keep themselves and others safe. Our staff also encourages the importance of being active to stay healthy, by incorporating plenty of exercise and movement into your daily routine!

KEEPING YOUR HEALTH IN MIND



WASH YOUR
HANDS
REGULARLY



AVOID
TOUCHING
YOUR FACE



AVOID
HUGS AND
HANDSHAKES



WEAR A
MASK & KEEP
DISTANCE

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes 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.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture

- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, a few stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign

of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

Are you dealing with hip, knee, and/or leg pain on a daily basis? We are here to help you find relief. Call your ARC clinic today to schedule your return visit.

GET READY TO GARDEN!

It's about time to get outside and get the garden going! Being able to tend a garden is one of the joys of springtime, but sometimes an aching body can get in the way. Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These Tips Can Help Prevent Injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one knee and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Join us for a **FREE Zoom Workshop:** **HEALTHY GARDENING TIPS**

Tuesday, May 18th at 6pm

Save this newsletter and scan the QR Code with your smartphone's camera the evening of the 18th to join our Zoom link! If you are joining us via computer, simply type the URL into your web browser: l.lead.me/bc4HbV. Make sure you have downloaded the latest version of the Zoom application before the workshop begins.



[ARC-REHAB.COM](https://arc-rehab.com)

TRIVIA CHALLENGE!

Call Us with Your Answers to Enter Our Prize Drawing!

1. What is the name of the helicopter that NASA flew on Mars?
2. What is the state bird of Illinois?
3. Which film won the Oscar for Best Picture in 2016 after the incorrect winner was announced?
4. What term refers to scoring one stroke less than the declared par of a given hole in a round of golf?
5. Who is depicted on the US \$100 dollar bill?
6. What is the nickname of California?

SERVICE SPOTLIGHT

Joint Mobilization

Joint mobilization is an incredibly effective treatment choice, but many patients are unaware of its advantages.

Our experienced physical therapists at our Westmont & Orland Park, IL physical therapy clinics are skilled in this treatment technique.

Joint mobilization involves the passive movement of specific joints using the skilled application of force,

direction, and technique to increase mobility of the joint and range of motion.

We will also provide you with additional resources to complement and enhance the effects of joint mobilization, which may include therapeutic exercises for stabilization and range of motion, modalities, and postural and neuromuscular retraining.

Call us today or visit us at arc-rehab.com to learn more!

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145

STAFF SPOTLIGHT

Say "Hello" to One of Our Physical Therapists!



Brielle C., PT, DPT
Physical Therapist

Brielle has been a physical therapist since 2004 and became interested in physical therapy as a kid. She would tag along with her dad as he taught Exercise Science classes and became interested in the body and how it worked. She values the team effort it takes to help a patient reach their therapy goals, involving the patient, her co-workers, and other medical providers, to

provide the best care for her patients. Getting to know the person and the life they enjoy, and not just the diagnosis they enter the clinic with, is key to the partnership needed to reach each individual's goals. She believes that educating the patient and empowering them to take an active role in their recovery is central to reaching their maximum level of health.

EXERCISE ESSENTIALS

Try these simple exercises to keep you moving and increase leg mobility!

Hip Hikes While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position. Repeat 6 times on each side.



Knee Extension Stretch While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.



SHARE THESE
WITH A FRIEND
OR FAMILY
MEMBER TO
HELP KEEP THEM
MOVING TOO!

Exercises copyright of
 SimpleSet Pro

ARC-REHAB.COM

SUCCESS STORIES

Our Patients Are Seeing Results!



"My knee is doing much better. I'm finally able to run up and down the stairs! I'm still working out daily." – T.H.

WHO DO YOU KNOW THAT
NEEDS OUR HELP?
**REFER YOUR
FRIEND!**



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