



## Physical Therapy Solutions for Hip & Knee Pain

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ARC-REHAB.COM

## 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 ARC Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

### 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.

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           | • Fractures      |
| • Sprains and strains | • Dislocations   |
| • Tendonitis          | • Pinched nerves |
| • Cartilage injuries  |                  |

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 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 you 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!**



## CALL US TODAY!

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# TARGETED EXERCISES TO IMPROVE YOUR GOLF SWING

Although often considered a leisurely activity, golf requires considerable coordination and force generation, resulting in injury. The most common type of injury is overuse due to the total repetition of swings and, even worse, poor technique.

Whether you are a skilled golfer with a low handicap or a new golfer still trying to hit the ball every time, the most common injuries are related to limitations or restrictions in your mobility. These limitations lead to compensations and faulty swing patterns resulting in pain and/or injury.

It is a good idea to contact a physical therapist at ARC Physical Therapy for help to make sure you resolve any injury before attempting exercises. Providing you are injury-free, here are some targeted exercises you can do at home to help prevent golfing injuries!

## Kneeling Hip Flexor Stretch



1. Begin with your left knee on the ground and right leg in a lunge position (½ kneeling).
2. Tighten your left buttock muscle until you feel your pelvis tilt slightly. Some will feel a slight stretch in the front of their hip/thigh.
3. Maintain the left buttock contraction while you lean your torso forward until you feel a stretch in the front of your hip/thigh region.
4. Hold for 30 seconds and complete 3 sets on each leg.

*If you need to increase the stretch, lean your trunk slightly to the opposite side you are stretching.*

## Kneeling Thoracic Rotation



1. Begin with your left knee on the ground and right leg in a lunge position (½ kneeling).
2. Cross your hands across your chest (right hand on left shoulder; left hand on right shoulder).
3. Maintain your lower body position while you turn your torso to the right as far as you can and hold the position for 5-10 seconds.
4. Now turn to the left as far as you can and hold the position for 5-10 seconds.
5. Repeat 10 times.
6. Switch legs and repeat the sequence with the opposite leg.

## Press-up



1. Begin lying on your stomach with your hands level with your shoulders.
2. Push your chest and shoulders into the air while keeping the lower half of your body as relaxed as possible.
3. The goal is to allow your back to bend backward, so staying relaxed throughout the torso and pelvis is critical.
4. Press until your elbows are fully extended. If you have difficulty extending your elbows, move your hands higher towards your head.
5. Repeat 5-10 times.

If you are dealing with any ache or pain, it is essential to address it sooner than later to avoid season-ending injuries! The first three exercises focus on hip and torso mobility for optimal golf swing performance. The last two exercises strengthen the core musculature, which helps prevent injury and improve your club speed for longer drives.

**Whether golfing for fun or competition, these mobility and strength exercises will help you begin your journey to improving your swing while minimizing the risk of injury.**

**Call ARC Physical Therapy today for an appointment, and let us make sure your body is performing at its optimal level while you're on the golf course!**



Sources: [https://journals.lww.com/jgpt/fulltext/2005/12000/optimizing\\_the\\_benefits\\_versus\\_risks\\_of\\_golf\\_4.aspx](https://journals.lww.com/jgpt/fulltext/2005/12000/optimizing_the_benefits_versus_risks_of_golf_4.aspx)

<https://www.scielo.br/lr/tbfs/af/qGqt8m5Gkpc8HtkqT5Wznmg/abstract/?lang=en>



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# MEET OUR NEWEST PT!

## Amber Kline

Amber grew up in Maryland as a competitive gymnast which is when she first discovered the world of physical therapy from an athlete's perspective. She realized early on that she would love to work in the field of physical therapy and also help people recover. She later went on to college and received her Bachelor's in Health Science followed by a Doctorate degree in Physical Therapy in 2007.

Since graduating from PT school, Amber has dabbled in multiple PT specialty areas including early Intervention, outpatient pediatrics, Acute PT, pelvic floor therapy, and outpatient orthopedics where she has spent most of her time.

Outside of work, Amber enjoys spending time with her husband and 3 kids and continues to be active in the gymnastics world with her 2 daughters who are now also competitive gymnasts.

At ARC PT we Offer: General Membership • Medical Memberships for Diabetes and Cardiac Fitness • Personal Training • Strength Training for Women • Zoom Virtual Training • Customized Exercise Programs Through an App • And More!

## CHAIR YOGA

Starting March 9th

When: **Every Thursday, 9:00-9:50 AM**

Where: **ARC Medical Gym**  
337 W. Ogden Ave., Westmont, IL

Instructor: **Brie** RYT 200 Certified

A seated chair yoga class focusing on breathing, stretching, and mindful movements!

## FLOW YOGA

Starting March 11th

When: **Every Saturday, 1:00-1:50 PM**

Where: **ARC Medical Gym**  
337 W. Ogden Ave., Westmont, IL

Instructor: **Brie** RYT 200 Certified

Beginner friendly, vinyasa flow style yoga. In this class we'll focus on light mediation, linking breath to movement, and challenging the body through standing balancing poses.

## Register Today!

\$18/Class

*Advanced registration required 18 hours in advance.*



Call: 630.323.8646

Email: [abohnstedt@arc-rehab.com](mailto:abohnstedt@arc-rehab.com)

Or scan the QR code

## MONTHLY TRIVIA CHALLENGE

ENTER  
AND WIN!

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Which famous American featured on the \$1 coin was born on February 15, 1820?
2. On February 4 of which year did the Electoral College unanimously elect George Washington as the first U.S. president?
3. In celebration of Valentine's Day, which English poet wrote the sonnet that includes the famous line, "How do I love thee? Let me count the ways"?
4. What is the February Full Moon called?
5. Which president, born in February, was a licensed bartender and part owner of a store before becoming president?
6. In the Northern Hemisphere, What holiday marks the midpoint between the winter solstice in December and the spring equinox in March in the Northern Hemisphere?
7. In February 1964 which popular band made their first American television appearance on the Ed Sullivan Show?
8. On February 1 of which year was the US Supreme Court started?

## COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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