



WELLNESS NEWSLETTER

JANUARY 2024

Physical Therapy Can Help Resolve Your Pain!



Knee & Hip
Pain Relief

What You Can Expect
at Physical Therapy

Therapeutic Exercise
Service Spotlight

REBOUNDPTIDAHO.COM



KNEE & HIP PAIN RELIEF

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can 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.

Call Rebound Physical Therapy today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing Your Pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries

and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Rebound Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.

How Physical Therapy Can Help You

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Rebound Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY



If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your

physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs.

Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretching exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

Contact Our Clinic Today

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Source: <https://www.uptodate.com/content/s/approach-to-the-adult-with-unspecified-hip-pain>
<https://painphysicianjournal.com/current/pdf/article=NT1wOQ%3D%3D&journal=111>
[https://www.oarsjournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsjournal.com/article/S1063-4584(02)90796-X/pdf) • <https://www.sciencedirect.com/science/article/pii/S1063458414013429> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3022067/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/> • <https://doi.org/10.1016/j.pmr.2020.12.011>

RECIPE OF THE MONTH: BAKED FALAFEL

Ingredients:

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil



Directions: Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfaadsunshine.com/baked-falafel/#recipe>

THERAPEUTIC EXERCISE

Service Spotlight

Many people assume that anyone participating in physical therapy treatments is recovering from a recent surgery. However, that is not always the case. Physical therapy provides a multitude of benefits for anyone wishing to restore their strength, endurance, flexibility, or stability. In fact, physical therapy is used as a treatment for any pain, injury, or ailment someone may be facing. Therapeutic exercise is a great way to restore function and live a pain-free life. For more information on how therapeutic exercise may benefit you, contact us today!

What does therapeutic exercise do?

Exercise programs are aimed at improving health, so you can feel better than you did beforehand. Therapeutic exercise is similar in this way; however, it also implements targeted activities that are aimed at relieving pain and restoring you to your optimum level of physical function. Therapeutic exercise can also be used as a way to prevent additional impairment or disability when facing certain physical risks. There are a wide variety of therapeutic exercises and each one has a unique purpose.

Give us a call at the clinic nearest you to find out how therapeutic exercise can help you reach your physical goals and allow you to live the life you want!

EXERCISE OF THE MONTH

Hip Mobility With Kai



Scan the QR code below to learn how you can improve your hip mobility today!



How To Approach A New Year's Resolution

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

GET HEALTHY THIS NEW YEAR

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call us today for an assessment and learn what steps you can take to alleviate your pain.



Ready to take your health to the next level? Call us today.

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