



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 Atlanta Human Performance Center, 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 Doctors of Physical Therapy 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 Doctors of Physical Therapy as soon as possible!

YOUR GUIDE TO RECOGNIZING THE SIGNS AND SYMPTOMS OF HIP AND KNEE PAIN

At Atlanta Human Performance Center, 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.

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- **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 Doctors of Physical Therapy can help!

NAVIGATING THE PATH TO RECOVERY WITH ATLANTA HUMAN PERFORMANCE CENTER

At Atlanta Human Performance Center, our Doctors of Physical Therapy 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 Doctors of Physical Therapy 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 Doctors of Physical Therapy go beyond the surface, digging deep into your symptoms to identify the underlying issues and determining 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 Atlanta Human Performance Center, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

Call today to schedule an appointment!



Spring Is Running Season! Are You In Your Best Shape?



Are you looking forward to starting running again after a long winter? At Atlanta Human Performance Center, our Doctors of Physical Therapy understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

- Running experience of 0–2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increasing your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factors that could contribute to pain or injury.

Our Doctors of Physical Therapy will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.

Request an appointment at Atlanta Human Performance Center today!



HEALTH TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

Best Stretches After a Day at a Desk

We lead extremely sedentary lives these days compared to 30 or 40 years ago. Millions of people spend several hours each day sitting at a desk, without bothering to get up to do anything other than visit the restroom. When you're younger, you may not notice the effects of sitting all day, but boy oh boy, as you age...we promise you'll start to realize the impact this habit has on your body!

People who spend much of their day in a sitting position are at a higher risk of developing serious conditions such as obesity, diabetes, and cardiovascular disease. Many of these individuals may also be at risk of suffering from repetitive use injuries.

Luckily, there are various stretches that can help combat the adverse effects of sitting for 8 hours a day. Try these 3 stretches next time you're feeling stiff!

Rotation Lunge

Take a big step forward with your right foot into a lunge from a standing position, making sure your right knee does not extend past your toes. Hands should be placed on either side of your right foot. Lift your right arm toward the ceiling while turning your gaze upward. Exhale slowly and try to rotate a little deeper. Repeat on the other side.

Shoulder Opener

Stand tall and straight, with a towel or belt in each hand behind your back. Raise your arms behind you as far as you can without getting out of breath. As you lift the towel, pull your shoulders back and together.

Low Cobra

Lie facedown on a foam roller or set of yoga blocks with your ankles resting on them. As you raise your head up and back, press your forearms into the floor and pull your shoulders back.



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Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

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SHAMROCK GREEN SMOOTHIE

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)



In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>

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***NEW LOCATION OPEN**

3015 CAMP CREEK PKY

EAST POINT, GA 30344

PHONE: (404) 446-1224

* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

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