



HEALTH & WELLNESS

THE NEWSLETTER ABOUT YOUR HEALTH
& CARING FOR YOUR BODY



ELEVATE Physical Therapy proudly welcomes Nantahala PT to the team!

96 Macon Center Drive Franklin, NC 28734

P: 828.630.8343

M-F | 8AM — 6PM

Mark Blakely and Kevin McAlister (the owners of ELEVATE Physical Therapy) lived, worked, and raised their children in Macon County for over 20 years. They are honored to join up with Randy Phillips and the Nantahala PT staff to assist in meeting the physical therapy needs of this community.

THE CONNECTION BETWEEN HIP & 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 ELEVATE 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 & Symptoms of Hip and Knee Pain

At ELEVATE 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.

BREVARD

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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.
- **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 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!

At ELEVATE 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 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 ELEVATE 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 today to schedule an appointment!

Sources: <https://pubmed.ncbi.nlm.nih.gov/32643252/> • <https://pubmed.ncbi.nlm.nih.gov/31621559/> • <https://pubmed.ncbi.nlm.nih.gov/30407271/> • https://journals.lww.com/jgpt/fulltext/2020/04000/hip_muscle_strengthening_for_knee_osteoarthritis_6.aspx • <https://www.jospt.org/doi/10.2519/jospt.2018.7877>

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OUR PATIENTS GET RESULTS



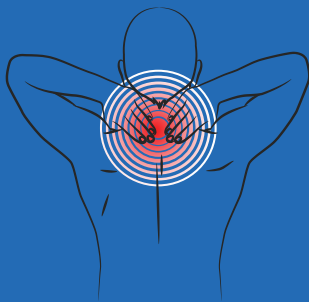
"The ELEVATE staff worked and succeeded in achieving relief on my left foot "Haglund's Deformity." Haglund's Deformity is a painful, inflamed, bulged situation near the base of one's heel cord. Upon arriving at ELEVATE I was limping, frustrated, and helpless about how to get back to a "normal" stride and lifestyle. In working to achieve my goal of healing & mobility, each staff member who worked with me was helpful, friendly, encouraging, and adaptive to my PT routine, evolving exercises as I progressed. During 5 months of strengthening, stretching, balance exercises, etc., vast improvement was accomplished and I "graduated." Through continuing home exercises recommended by ELEVATE, relief of my foot condition is being maintained. I am grateful to ELEVATE." — S.A.

OUR SERVICES GET YOU BACK INTO LIFE!

Our gentle, evidence-based treatments are used to relieve your pain, help you regain function, and aid in your post-surgical recovery.

What can we help you with?

- Joint Pain
- Neck & Back Pain
- Injury
- Arthritis
- Weakness
- Vertigo
- Dizziness
- Sciatica
- Falls
- Poor Balance
- Pre-Surgical & Post-Surgical Care



HEALTHY RECIPE

Roasted Vegetable Pasta



Ingredients:

- 4 carrots, chopped
- 1 small yellow onion, chopped
- 5 small pattypan squash, sliced in half
- 2 small zucchini, chopped
- 10 cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp sherry vinegar
- 2 garlic cloves, minced
- ½ tsp herbes de Provence
- Fresh thyme
- 1 16-oz package penne pasta
- ½ c crumbled feta cheese
- ½ c fresh basil, more for garnish
- Juice of ½ small lemon, more if desired
- Pinches of red pepper flakes
- Sea salt & freshly ground black pepper

Directions: Preheat the oven to 400°F and line 2 large baking sheets with parchment paper. Place the carrots and onions on the first sheet and the pattypan squash, zucchini, and tomatoes on the other. Drizzle both sheets of vegetables with olive oil and generous pinches of salt and pepper. Place the sheet with the carrots and onions in the oven first and roast for 30 to 35 minutes or until the onions are tender and lightly charred, and the carrots are tender and browned. Place the second sheet in and roast for 20 minutes, or until the squash and zucchini are golden brown around the edges, and the tomatoes are lightly bursting. Remove from the oven and set aside. In the bottom of a large bowl, combine the 1 tablespoon of olive oil with the sherry vinegar, garlic, herbes de Provence, thyme, ¼ teaspoon salt, and several grinds of black pepper. Stir in the roasted vegetables. Prepare the pasta according to the instructions on the package, cooking until al dente. Drain and transfer the cooked pasta to the large bowl with the roasted vegetables and toss to coat. Add the feta, basil, lemon juice, and red pepper flakes and gently toss.

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