

“I Feel A Sharp Pain In My Joints When Completing Simple Tasks.”

Signs You May Be Suffering From Hip, Knee Or Leg Pain



When you experience pain in the side of the hip, groin, thigh or knee, you may have difficulty with these accessory motions. Prolonged sitting, injuries, arthritis and disease can affect accessory motions. With every day use, tissues around the hip and knee joints tighten, leading to a gradual loss of motion. This causes a lot of pressure to build up on specific parts of the joints.

When Your Motion is Lost

When you lose the movement of the hip, knee or ankle joints, your muscles have to take on the abnormal strain. This leads to common aches and pains experienced by millions of people. Many people feel that medication will help solve their hip, knee or leg pain. While medication can help to decrease inflammation and pain, it cannot

address the root cause of the problem. Most pain in the hip, thigh, knee or leg comes from poor flexibility, strength or coordination.

Treating Leg Pain

To determine the source of your leg pain our physical therapists examine your walking, squatting, joint movement, comparing the strength and mobility of the joints. A comprehensive treatment plan, including special hands on techniques, is made to achieve the fastest relief and the longest lasting results. If you are suffering with hip, knee or leg pain, call us today to learn more how we can eliminate your pain and put a spring back in your step! **Look inside to learn more and say good-bye to that aching knee or hip!**

Could Your Joint Pain Be Caused By Arthritis?

Millions of Americans suffer through arthritis pain every day, taking Ibuprofen and stronger medication to numb the pain and address the

ongoing inflammation. The definition of arthritis is joint inflammation, however the term has acquired a wider meaning. Arthritis is now used as a generic term for osteoarthritis and other conditions that affect joints. The pattern, severity and location of arthritis symptoms can vary depending on the specific form of the disease.

Typically, arthritic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body.

Physical therapy is an important part of the ongoing treatment for arthritis. Physical therapy strengthens, stretches and stabilizes muscles surrounding affected joints providing needed support.

Relieving Joint Pain

Exercising is important to help reduce joint pain and stiffness. Light to moderate-intensity physical activity can actually prevent a decline in function, even restoring health. However, some people with arthritis may be reluctant to exercise because of joint pain after activity.

You can take various steps to relieve pain, such as heat and cold therapy, or pain relievers, making it easier for you to exercise and stay active. In addition to physical therapy, choose non-impact exercises such as bicycling, swimming or water exercise. Furthermore, research shows that even modest weight loss combined with exercise is more effective in decreasing pain and restoring function than either weight loss or exercise alone.

If you are suffering with arthritis pain, call us today and discover how we can relieve your pain, returning you to a more active, pain-free lifestyle!

“Knee osteoarthritis? Surgery doesn’t have to be your only option for meniscus tears. Getting physical therapy first helps 60-70% of osteoarthritis patients avoid surgery.”

- Katz JN, Brophy RH, Chaisson CE, et al. Surgery versus physical therapy for a meniscal tear & osteoarthritis. N Engl J Med. 2013

Eating Right Never Tasted So Good!

Basic Vegetable Smoothie Recipe



8 Ingredients

- 6 oz water
- 1 large tomato
- ½ cucumber
- 2 pieces celery
- 2 carrots
- handful of baby spinach
- lemon juice from 1 lemon (or balsamic vinegar)
- 6 ice cubes

Directions

Wash the vegetables, throw them in the pitcher (after washing), turn blender on low, and then turn it up to high for about 30 seconds. You may need to use the tamper to get it circulating at the beginning.

Other possibilities to add include olive oil, Tabasco, or herbs like basil. If you want it to look more like V8 you could leave out the spinach and add another tomato.



Clients Can Expect Top Notch Care At Orthopedic PT Inc!



Clients with Orthopedic Physical Therapy, Inc. can expect the following:

- One-on-one, hands-on (manual) treatment
- Appointments as scheduled, on time
- Consistent staff with minimal turnover
- Caring, compassionate services
- Innovative approaches to treatment

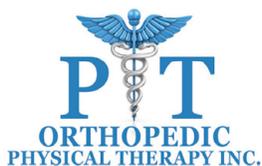
We individualize the treatment program for each client. We may use some of the following techniques and/or treatments:

- **Stretching**

- **Strengthening**
- **Dry Needling**
- **Manual Therapy**

- Modalities to reduce swelling and improve circulation and speed healing times

We have a beautiful facility staffed with friendly people.



Phone: 804.285.0148

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For more information go to orthopedicptinc.com

Patient Success SPOTLIGHT



Tracey Adler, PT,
DPT, OCS, CMTPT

"I've put this Free Report together that shows you the 5 natural ways to stop your back & neck pain."

After treating hundreds of patients with back and neck problems, I want to share with you these 5 simple things you can do at home, to start feeling great.

I'm so grateful for the care I received!

"After 3 years of chronic hip pain from a sports injury, Orthopedic Physical Therapy, Inc. came to my rescue! I visited numerous physical therapists and orthopedists who were uncertain of the source of my pain and simple activities such as sleeping, standing, walking, and sitting were very painful. Tracey and Kristen worked as a team to find the source of my pain with a

full body approach. To my surprise, my pain was not always coming from my hip. Needling with Tracey provided a great relief I never had before, which helped me ease out of chronic pain. Exercises and weekly manual therapy with Kristen helped me return to normal daily activities and function without pain. Kristen and Tracey were both extremely encouraging and patient. My care was very personalized and the staff was always attentive, accommodating, and kind. This will be the first time in four years that I will start my school year without hip pain. I'm so grateful for the care I received. Thank you OPT!" - Abby B.

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Think PT FIRST

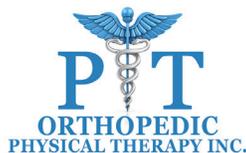


Why You Need To Come In For Another Check-Up:

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

Take Care Of Your Aches & Pains Before It's Too Late!

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- Is your mind on your hip, knee or leg pain instead of your life?
- Have loved ones stopped listening to your complaints because they have heard it so many times before?
- Do you feel really stiff when you try to get out of bed in the morning?
- Do you have to think twice before you pick things up?

If You're Nodding Yes Then Now is The Time to Make Your First Step in The Right Direction and Take Charge of How You Feel.

DOWNLOAD THIS BOOK TODAY!



GET IT INSTANTLY AT:
kneebook.net/orthopedicpt



Find Us On SOCIAL MEDIA



Did you know our clinic has its own Facebook & LinkedIn page? Like and follow the pages for the clinic, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat! We love staying in touch and connected with our patients!



Our Specialties

- Trigger Point Dry Needling
- Chronic Pain
- Neck & Back Pain
- TMJ/TMD
- Headache Relief
- Fibromyalgia
- Myofascial & Referred Pain
- Women's Pelvic Pain
- Men's Health Issues
- Posture & Orthotics
- Hypermobility & EDS
- Sports Injuries

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Service Spotlight: Diagnosis & Treatment Of Sports Injuries

Whether you are a college or high school athlete, recreational athlete, weekend warrior, or casual exerciser; occasional muscle injuries do occur. Prompt and appropriate treatment can make the difference between a quick return to your chosen sport or a lengthy period of pain and disability. The therapists at Orthopedic Physical Therapy, Inc. are capable of analyzing the musculoskeletal system, to determine the source of your injury and dysfunction. The proper hands-on treatment such as muscular release, joint mobilization or postural re-alignment can be administered.

Our therapists certified in Trigger Point Dry Needling can use this advanced technique to quickly release muscle knots or trigger points, which will speed up your recovery of motion and reduction in pain. Education on home stretching, strengthening and stabilization exercise will give you the tools you need to prevent recurrence. This will ensure a quick return to pain free function, so that you can resume enjoying golf, tennis, swimming, dancing or any activity you choose. If you have not yet seen a physician for your injury, you are able to start physical therapy under the current Direct Access Laws without a prescription. Call us today at 804-285-0148 to schedule an appointment.

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“Is There A Way I Can Strengthen My Joints & Have Fun At The Same Time?”

6 Benefits To Hiking



Hike Towards A Healthier You!

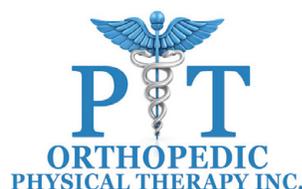
- Excellent aerobic and strengthening exercise
- Challenges your balance skills when walking on grass, dirt, stones, uphill and downhill
- Physical activity in general positively affects concentration, elevates mood, enhances creativity and facilitates memory
- Increases sense of accomplishment
- The whole family benefits from the physical activity and participates in quality, screen-free time together
- Calming sensation from being outdoors in nature



WE STRIVE TO PROVIDE THE
BEST SERVICE TO OUR PATIENTS



Our Physical Therapists Are Trained To Find & Treat The Source Of Pain!



Orthopedic Physical Therapy, Inc. is a unique physical therapy facility in Richmond, VA. Our physical therapists provide care to people with musculoskeletal injuries who strive to return to work, sports, and/or an active, full lifestyle. Our physical therapists are trained to evaluate and treat the source of pain rather than merely treat symptoms. We look at your muscles, joints and entire body as a whole unit. Our clinicians work in tandem with patients to set and reach goals by using innovative strategies, such as dry needling in order to help them attain their highest level of wellness.

Each of our clinicians has undergone extensive training in treating musculoskeletal problems. Our physical therapists also have their own specialties. We work as a team to optimize your treatments and progress.

- Tracey Adler, PT, DPT, OCS, CMTPT

Orthopedic Physical Therapy, Inc.

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"Hi! I am Abby. Read more about my success with Orthopedic Physical Therapy, Inc. in the Patient Success Spotlight section!"



FREE
DOWNLOAD
 LOOK INSIDE



"How Will You Ever Enjoy Life If You Keep Allowing Joint Pain To Slow You Down!"

Seek Treatment For Your Hip, Knee Or Leg Pain At
 Orthopedic Physical Therapy, Inc.

- Do You Suffer From Chronic Joint Pain?
- Do You Find Difficulty Moving Or Standing For Long Periods Of Time?
- Do You Suffer From Stiffness Or Swelling?

Inside:

- Signs You May Be Suffering From Hip, Knee Or Leg Pain
- 6 Benefits To Hiking
- Patient Spotlight
- Service Spotlight



Do you suffer from knee, hip or leg pain? You are not alone. CDC studies show that 30% of adults have reported some form of knee, hip or ankle joint stiffness or pain in a 30 day period.

The hip and knee joints are incredible marvels of the human body. At times they have to withstand up to 6 times your body weight in force. The knee joint is the second most complicated joint in the body and has to move in many directions including forward, backward, side to side and rotation. These different movements are called accessory motions and are needed for normal walking, running and bending.