



## FINDING THE SOURCE OF LEG PAIN

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.

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. A very common ailment is bursitis, which is an inflammation of fluid-filled sacs located throughout your body. Bursas help to decrease friction and rubbing of tissue on tissue. Common areas of bursitis are on the side of the hip and inner knee.

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. This happens for a variety of reasons, but takes the skill of a physical therapist to examine and find the root cause of the problem. Our physical therapy experts at Nebraska Orthopaedic Physical Therapy have years of training in examination of joints.

### Treating Leg Pain

Our physical therapists compare the strength and mobility of the joints to determine the source of your leg pain by examining your walking, squatting, and joint movement. A comprehensive treatment plan, including special hands on techniques, is created 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 how we can eliminate your pain and put a spring back in your step!

# Is There Help For Your **ARTHRITIS?**

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 treatment for arthritis. Physical therapy strengthens, stretches and stabilizes muscles surrounding affected joints providing needed support.

The physical therapists at Nebraska Orthopaedic Physical Therapy move your muscle groups through a range of motions to help maintain flexibility and prevent shortening of the muscles.

## **Reducing Joint Pain**

Exercises help reduce joint pain and stiffness. Light to moderate-intensity physical activity can 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.

It is well known that injured joints are at an increased risk of developing arthritis in the future. Your physical therapist is an integral part of your return to activities following an injury, and can set you on the right path to recovery. If you are suffering from pain caused by arthritis, call us today to learn more about how we can relieve your pain and help you return to a more active lifestyle!



**If you are experiencing these symptoms call  
Nebraska Orthopaedic Physical Therapy today**

- Inability to stand or sit comfortably for long periods of time
- Difficulty getting in and out of bed
- Inability to walk for at least 20 minutes
- Joint pain and/or stiffness
- Unable to enjoy leisure activities
- Difficulty getting up and down from the floor
- Limited ability to exercise
- Unable to work due to pain
- Difficulty going up and down steps or curbs



Who do you know that needs our help?

## **CARE to SHARE**

If you know someone suffering with aches and pains, "Care to Share" and give them this newsletter or send them directly to Nebraska Orthopaedic Physical Therapy. They will thank you and so will we!

# Patient Results

*What patients are saying...*

## ***PT helped me heal quickly!***

*Success Story – Deb H.*

**“** *I came to NOPT with a severely sprained ankle. The exercises challenged me, but were not painful and my ankle began to heal quickly with each visit. I especially appreciate the knowledge that the therapists have, and their genuine concern for their patients.”*

## ***I can go up and down stairs again!***

*Success Story – Ellen*

**“** *I had therapy at NOPT after a knee scope. In 2 short weeks, I was off crutches, going up and down stairs, and even had a great head start with some strengthening that I had wanted to do anyway!*



## **We can help:**

- Decrease your pain
- Increase your strength
- Increase your activity level
- Increase your flexibility
- Improve your health
- Get back to living

**We gladly accept** Medicare, Blue Cross Blue Shield, Midland's Choice, and most health insurances.

**N** Nebraska  
Orthopaedic  
Physical Therapy, P.C.

**Call Today!**  
402-721-1112

[www.NEOOrthoPT.com](http://www.NEOOrthoPT.com)

# NEWS



## Attention: **ALL ATHLETES**

All athletes are encouraged to visit us for a pre-season screening. Call today to schedule your **FREE consultation**. Injury prevention is the **BEST** way to ensure a successful season!



## Thank You!

Thank you to all who attended our Open House, making this year a huge success. We enjoyed seeing all of our NOPT friends and meeting your families. Don't hesitate to give us a call if you are experiencing pain, or have a change in your health. We are here to help you!

## Why choose Nebraska Orthopaedic PT?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back, and orthopaedic care



## **FREE Pain Relief Assessment**

If you or a friend need help with the following, **call us today for a free assessment** and talk to our experts about how PT can relieve your pain!

- Back and neck pain
- Walking / balance difficulties
- Shoulder and arm pain
- Hip / knee / ankle pain
- Arthritis
- Headache

# Exercise Essentials

Try these simple exercises to help maintain a healthy hips, legs and knees...  
Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground.



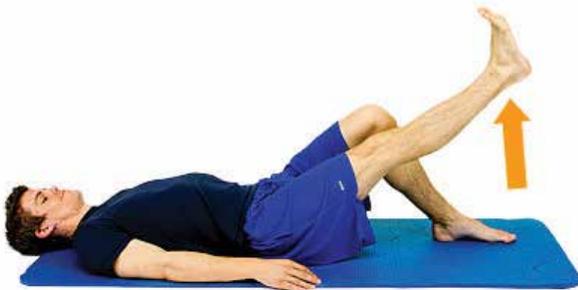
## HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



## STRAIGHT LEG RAISE

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.



## SHORT ARC QUAD

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.



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HEP For Rehab Pro's

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Exercise Program

## SHARE

Please share these exercises with friends and family members to help them stay healthy and free from pain.

## SAVE

Save these in a place where you can easily use them as needed. Watch for more exercises in our next issue.

**N** Nebraska  
Orthopaedic  
Physical Therapy, P.C.

Call or come in if you feel you are not moving like you used to. We will get you the results you deserve!

[www.NEOOrthoPT.com](http://www.NEOOrthoPT.com)



*Your Health, Your Choice, Our Priority*

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**CALL TODAY!**  
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**INSIDE:**

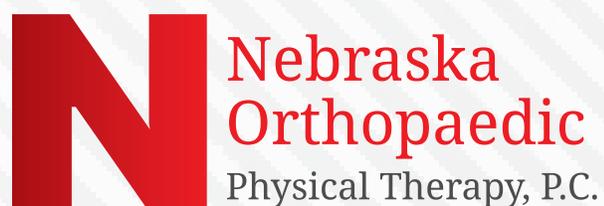
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Is your **hip, knee**  
**or leg pain**  
stopping you?

What you should know...



Call us on 402-721-1112