



ARVADA
PHYSICAL THERAPY

**Fall
Recipe**

**Gluten-Free
Pumpkin Cookies**

**"I would
recommend
this location
very highly."**

**Success
Story**

**Treatment
Highlight**

**Have You Met
Your Annual
Insurance
Deductible?**

NOVEMBER 2020



HIP, KNEE, & LEG PAIN

INSIDE:

- Hip, Knee, & Leg Pain
- Exercise Essentials
- Patient Success Spotlight
- Have You Met Your Annual Insurance Deductible?

NEWSLETTER



NO PRESCRIPTION NEEDED!

Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.

HIP, KNEE, & LEG PAIN

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need.

Between arthritis, injuries, and age, however, pain can flare up. If you're experiencing hip, knee, or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes Hip, Knee, and Leg Pain?

Hip, knee, and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death or necrosis. If you're experiencing redness, inflammation, and immobilized joints, the condition may be severe.

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SCAN ME

HIP, KNEE, & LEG PAIN



What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back, or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee, or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching, or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.



"Thank goodness you've been there...! It's taken longer this time for the healing process but now I'm starting to feel it. Yes, this is my second time to come to this facility. It's not terribly far to come and, again, it's been very helpful. I would recommend this location very highly. Thank you, Jaime!" - Gary H

How Physical Therapy Can Help?

In many cases, Physical Therapy can help patients increase leg mobility. In doing so, they can stretch, flex, and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good Physical Therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation, or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, Physical Therapy serves to enhance the patient's quality of life.

**Do You Know
Someone
Who Needs
Our Help?**

**REFER A
FRIEND!**

**Call to Schedule Your
Appointment Today**

(720) 222-9669

TREATMENT HIGHLIGHT

The Psoas



If you are suffering from hip or knee (or back) pain, there's a very good chance that a specific muscle (that you've likely not ever heard of) is strongly contributing to the problem.

That muscle is called the Psoas and it is a very powerful hip flexor. This muscle originates/attaches to the transverse processes (side) of the vertebrae of T12-L4 and the lateral aspects of the discs between them. And it inserts in the lesser trochanter of the femur (big bone of your leg).

The Physical Therapists in our practice are highly skilled in manual therapy (hands on) techniques and therapeutic exercises that treat the Psoas muscle that restore balance in your body and that facilitate healing of many conditions including hip, knee and low back pain.

Our patients often report a significant reduction in hip and/or knee pain in just the first few sessions.

Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

EXERCISE ESSENTIAL

SUPINE DOUBLE KNEE TO CHEST EXERCISE

Bring one leg up and then the other. Because taking both up at the same time takes a lot of abdominal strength, starting with one and then quickly following with the other is likely safer, especially for vulnerable backs.



FALL RECIPE

Gluten-Free Pumpkin Cookies



INGREDIENTS

- 1 ripe banana, mashed
- 1/2 cup pumpkin puree
- 2 large eggs
- 1/2 cup peanut butter
- 3 tbsp coconut oil, melted
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- 1 1/2 cups gluten-free rolled oats
- 1/2 cup oat flour, ground
- 1/2 cup almond meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt
- 2 tsp Vietnamese Cinnamon
- 1/4 tsp Frontier allspice
- 1/4 cup mini chocolate chips
- 1/2 cup dried cranberries and cherries

DIRECTIONS

Preheat oven to 350°F. Grease or line a baking sheet with parchment paper or a silicone baking mat. Set aside. In a mixing bowl stir together mashed banana, pumpkin, eggs, peanut butter, coconut oil, vanilla and maple syrup until well combined. Add in oats, oat flour, almond meal, baking powder, baking soda, salt, Vietnamese cinnamon, allspice, chocolate chips and dried fruit; stir to combine. Refrigerate for 5 minutes to harden. Drop cookies by spoonfuls on prepared baking sheet. They won't expand much, so feel free to press them down slightly, and make them as uniform as possible to ensure even baking. Bake for about 12 minutes until lightly browned.