

NEWSLETTER

JUNE 2023



Kinect

PHYSIOTHERAPY



Experience True Pain Relief From Hip and Knee Pain

INSIDE:

**WHAT IS
CAUSING YOUR
PAIN?**

**SUMMER
NUTRITION TIPS**

**PATIENT
SUCCESS**

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Experience True Pain Relief From Hip and Knee Pain

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Kinect Physiotherapy today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING YOUR PAIN?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to

sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Kinect Physiotherapy, our therapists are skilled and identify the source of the issue and help you find a solution.

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Kinect Physiotherapy are designed to strengthen the targeted areas and help the body recover and heal.

Continued inside.

INSIDE:

- What Is Causing Your Pain?
- Summer Nutrition Tips
- Patient Success

SEASONAL RECIPE

*Watermelon Cucumber
Lime Refresher*



INGREDIENTS

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

DIRECTIONS

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

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Continued from outside.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

CONTACT OUR CLINIC TODAY

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Kinect Physiotherapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.



VISIT KINETPTNC.COM FOR MORE INFO

SUMMER NUTRITION TIPS

1. Drink green tea instead of sweet tea. Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. Pre-plan your meals. You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

3. Don't skip breakfast. When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. Enjoy summer fruits and veggies. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.

5. Snack at work. Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

6. Hydrate often. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.



STAFF SPOTLIGHT



Kathi Santiago, PT

Kathi graduated in 2004 with a Bachelor's Degree in health service administration and in 2006 with a Master's Degree in physical therapy. She has worked with a variety of patients, including general medical, neurological, and orthopedic. She has worked in a variety of settings,

including acute care, outpatient, skilled nursing, and rehab facility. Kathi moved to North Carolina in 2022 to be closer to family. She not only likes to physically treat the patients, but also enjoys getting to know the variety of people. In her free time, she enjoys being with her family, playing with pets, and trying new recipes.

Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

“... I was finally able to walk, drive, and go upstairs on my own.”

Excellent service! The staff was kind, professional, and friendly. I slid in there miserable with my walker after breaking my right femur in three parts due to a skateboarding accident, and Dr. Justin was able to patiently work with me as I was finally able to walk, drive, and go upstairs on my own. Highly recommended!

-Raúl N.

COME BACK TO PHYSIO

WHY YOU NEED TO COME BACK IN FOR A TUNE UP:

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



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

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