



COMMON CAUSES AND SOLUTIONS FOR PERSISTENT HIP AND KNEE PAIN

Ditch Your Pain

*What You Can Do to
Overcome Knee & Hip Pain:*

Exercise Essentials

*Try these exercises to
relieve hip & knee pain.*

Healthy Recipe

*Try this delicious vegetarian
dinner recipe!*



COMMON CAUSES AND SOLUTIONS FOR PERSISTENT HIP AND KNEE PAIN

For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb up stairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason

why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Iberia Sports & Rehab as soon as possible. We'll help you get moving freely once again!

WHY AM I EXPERIENCING HIP AND/OR KNEE PAIN?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!

WHAT YOU CAN DO TO OVERCOME KNEE & HIP PAIN:

CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!

- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.
- **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the “anterior cruciate ligament,” or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced to the painful area.
- **Bursitis.** “Bursae” are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
- **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

SO, WHAT CAN I DO?

Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

- **Wearing properly fitted shoes.** One way to avoid hip and knee pain is by wearing well-fitted shoes with suitable arch support. Comfortable, fitted, closed-toed shoes are a great way to relieve stress on your joints and allow relaxation in your hips and knees.
- **Using cold and hot remedies.** Ice packs and heating pads can help in soothing your aches and pains. Rotating between ice packs and heating pads on the affected areas can provide relief.
- **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.
- **Listening to your body.** At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.

CONTACT IBERIA SPORTS & REHAB TODAY!

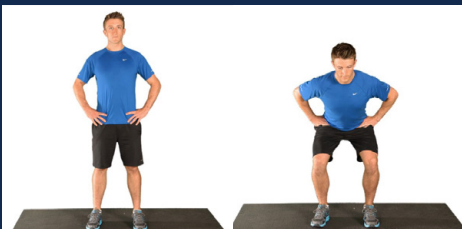
Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important.

At Iberia Sports & Rehab, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!

WANT TO IMPROVE YOUR HEALTH?

SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



TRY THESE EXERCISES AT HOME!



IT BAND - STRETCH - SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE!

VEGGIE BURRITO BOWL

INGREDIENTS

- 1 (3.5 oz) brown rice
- 2 tbsp olive oil
- 1 tsp ground cumin
- 3 garlic cloves, minced
- 3/4 tsp kosher salt
- 1 (15 oz) can unsalted black beans
- 1 tbsp chopped chipotle chiles
- 1 cup cherry tomatoes, diced
- 1/3 cup finely chopped onion
- 1/4 cup chopped fresh cilantro
- 1 1/2 tsp fresh lime juice
- 1 jalapeno pepper, seeded & chopped
- 1 1/3 cups thinly sliced red cabbage
- 3 oz queso fresco, crumbled
- 1 ripe avocado, sliced

DIRECTIONS

Cook brown rice according to package directions. Drain. Heat a medium skillet over medium heat. Add 1 1/2 tablespoons olive oil to pan; swirl to coat. Add cumin and garlic; cook 1 1/2 minutes, stirring frequently. Stir in rice and 1/4 teaspoon salt. Partially drain black beans. Place beans and remaining liquid in a small saucepan; stir in chipotle chiles and 1/4 teaspoon salt. Bring bean mixture to a boil; reduce heat, and simmer 5 minutes. Combine remaining 1/4 teaspoon salt, tomatoes, onion, cilantro, 1 tablespoon lime juice, and jalapeño; toss to combine. Combine remaining 1 1/2 teaspoons oil, remaining 1 1/2 teaspoons juice, and cabbage; toss well. Divide rice mixture evenly among 4 shallow bowls. Divide bean mixture, tomato mixture, cabbage mixture, cheese, and avocado evenly over rice.

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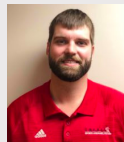


SPORTS & REHABILITATION

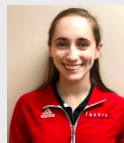
MEET YOUR RECOVERY TEAM!



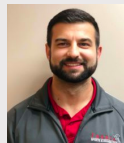
Keith Dalton is a physical therapist who works with orthopedic deficits to return back to their daily lives without pain or limitation. He has worked with patients from all walks of life including college and professional athletes. He has training in dry needling, myofascial release, applied functional science and dynamic taping.



JASON KEIGLEY is a physical therapist who works with various orthopedic, neurological, and vestibular pathologies by improving patient's functional deficits. Jason got his certification in Functional Dry Needling from Kinetacore and certification in Applied Functional Science from the Gray Institute.



ALEX DARBY graduated with her Doctorate of Physical Therapy in May of 2018. She is very passionate about exercise and enjoys doing CrossFit, and is excited to work with residents of her hometown of New Iberia.



MATT LOPEZ is a physical therapist that specializes in outpatient orthopedic rehabilitation. He has spent the last 7 years working at Iberia Sports and Rehabilitation treating all types of injuries including joint replacements, sports and work injuries, as well as, chronic pain patients.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

HELPFUL NUTRITION TIPS FOR A HEALTHY SUMMER

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

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. Serve seafood. Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

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. 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.