



**BPT**  
NO DOCTOR REFERRAL  
NECESSARY TO SEEK  
PHYSICAL THERAPY  
DETAILS INSIDE

## THE CONNECTION BETWEEN HIP AND KNEE PAIN



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Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Breckenridge Physical Therapy, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our therapists can help you figure out the source of your pain and, more importantly, guide you back to health.

**To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!**

### Your Guide to Recognizing the Signs and Symptoms of Hip and Knee Pain

At Breckenridge Physical Therapy, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

### THE TELLTALE SIGNS OF HIP PAIN

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

### CLASSIC INDICATORS OF KNEE PAIN

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.
- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.

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- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in diagnosing and treating pain effectively. This is where the expertise of our physical therapists can help!

### Navigating the Path to Recovery with Breckenridge Physical Therapy

At Breckenridge Physical Therapy, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

- **Tailored Therapeutic Exercises:** Our therapists will provide you with stretching and strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.
- **Neuromuscular Re-education:** This involves using exercises and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determining the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

#### Follow These Simple Steps to a Pain-Free Life

Are you ready to embrace a lifestyle that promises better mobility and less pain? At Breckenridge Physical Therapy, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

**REQUEST AN APPOINTMENT**



## No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

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### Share This Coupon With A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

## Refer a Friend!

To \_\_\_\_\_

From \_\_\_\_\_

### Do you know anyone that needs our help?

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

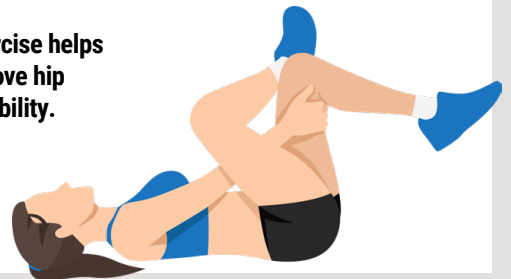
Call us at 970.364.6601 or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

## Exercise Essentials

### FIGURE 4 STRETCH

Lie on your back with knees bent, feet flat and in line with your hips. Bring either ankle to the opposite knee forming a figure four (i.e. cross your legs). Reach through your bent knee and grasp the back of the leg still on the ground and pull it towards your chest. You should feel the stretch in your buttocks. Keep your head and neck relaxed and hold the position. Repeat for both sides.

This exercise helps improve hip flexibility.



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



Call Breckenridge Physical Therapy at **970.364.6601**, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

# HOW TO AVOID A Winter Slump



## Patient Success Stories

Are you feeling a little down this winter? If so, you're certainly not alone. The winter season is a tough time for many people. The lack of sunlight, cold weather, and shorter days can lead to the winter blues, which causes people to feel tired, lethargic, and less motivated.

Thankfully, there are many ways to reverse your winter slump and beat the winter blues, including:

**1. Exercise more:** Exercise is one of the best ways to improve your mood. It releases endorphins, which are hormones that create a sense of happiness and euphoria. Exercise also releases serotonin, a neurotransmitter that can help with feelings of anxiety, stress, and depression.

**2. Socialize more:** Spending time with friends and family lifts your mood and improves your mental health and self-esteem. Feelings of depression thrive when someone feels isolated, so it's crucial to surround yourself with a healthy and loving support system.

**3. Take care of yourself:** Get enough sleep, drink lots of water, eat healthy food and take breaks from work when needed to refresh your mind. Remember that your health is your greatest asset and should be your number one priority at all times.

**4. Get a hobby:** Now that it's getting colder, you're likely spending a lot more time inside. Now is the perfect time to pick up a hobby! You could learn to play an instrument, practice your drawing or painting skills, learn to sew or embroider, or start an indoor herb garden.



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*"I feel so confident in the medical treatment to get back to 100% with Breckenridge Physical Therapy."*

"5 stars from the time you walk in the door. Alex is very helpful, encouraging and knowledgeable in rehabilitation in sports injuries and other physical therapy needs. I feel so confident in the medical treatment to get back to 100% with Breckenridge Physical Therapy. You can tell there is a sincere care to help patients rehab to succeed past pre-injury status. Thanks for all your help!" —Tom R.

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## BUDDHA NOODLES



*This hearty dish will warm you up after a day outside in the cold.*

### INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. shredded or cubed cooked chicken
- 2 c. broccoli florets, steamed
- 1 c. shredded carrots
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

**DIRECTIONS** In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado, carrots and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/z>



**WANT TO STAY ACTIVE THIS WINTER?  
WANT TO BE IN PEAK CONDITION FOR  
WINTER SPORTS?**

**COME BACK TO PT!**

Contact Breckenridge Physical Therapy today  
and start living pain-free again!

**970.364.6601**