



NEWSLETTER

Helping You Move
Through Life Pain-Free!

November



HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Achieve Therapy, our team of physical therapists is dedicated to helping you find solutions that work! Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Achieve Therapy, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the source of your hip and knee pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Cartilage injuries
- Sprains and strains (i.e., injuries to muscles and ligaments)

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be. Give us a call today to get started with physical therapy.

Visit Us Online [achieve-therapy.com](https://www.achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)



EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What to expect in physical therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

Contact us today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Achieve Therapy to schedule an appointment. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0301> • <https://pubmed.ncbi.nlm.nih.gov/30126395/> • <https://pubmed.ncbi.nlm.nih.gov/25591130/>.

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Free Workshops

- Park River: Nov. 7th at 5:30 at Achieve clinic
- Park Rapids: Nov. 14th at 5:30 at Park Rapids Library
- Grand Forks: Nov. 21st at 5:30 at Achieve clinic on Columbia

- Park River: Dec. 5th @ 5:30 at Achieve clinic
- Park Rapids: Dec. 12th @ 5:30 at Park Rapids Library
- Grand Forks: Dec. 19th at 5:30 at Achieve clinic on Columbia

[Click here to learn more & register today!](#)

Staff Birthdays & Work Anniversaries

October Celebrations for Our Staff

Work Anniversaries

Leah Puetz | 4 years

Birthdays

Joann Bjorkstrand | Nov. 15th

Jocelyn Julson | Nov. 15th



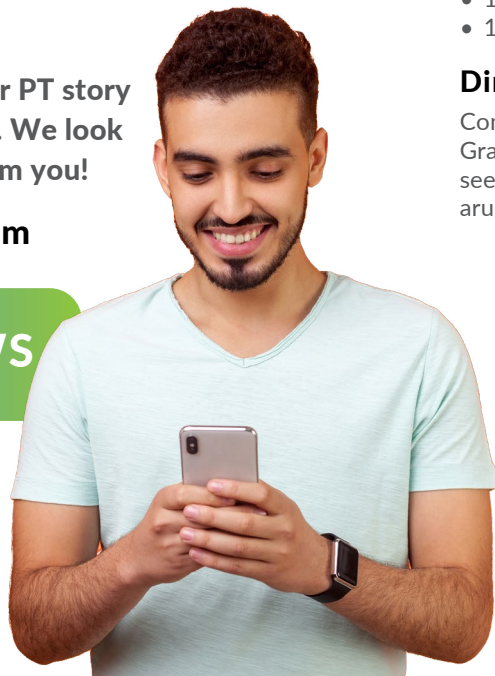
We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

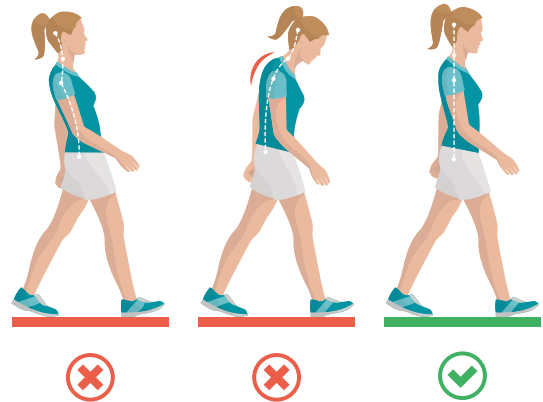
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★ REVIEWS



EXERCISE ESSENTIALS

CHECK YOUR WALKING POSTURE



- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe

HEALTHY RECIPE

ARUGULA, GRAPE, & SUNFLOWER SEED SALAD

Ingredients

- 3 tablespoons red wine vinegar
- 1 tsp honey
- 1 tsp maple syrup
- 1/2 tsp stone-ground mustard
- 2 tps grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 tsp chopped fresh thyme
- 1/4 tsp salt
- 1/4 tsp ground black pepper



Directions

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.



Call [866-320-3562](tel:866-320-3562)
to start healing today!

NOVEMBER

CLINIC NEWS

FITNESS MEMBER OF THE MONTH

Meet Gerri, our fitness member of the month!

Gerri's favorite thing about Achieve fitness is the staff. "They are sincerely friendly and are truly concerned about the participant's health," she says. Her favorite class is the Stability/Balance class. She has been participating in this class for three years now and feels stronger and more agile. Aside from the physical aspects of the classes, she also enjoys the social time!



STAFF SPOTLIGHT

Say Hello to Greg Paintner, PT, DPT!

Greg has worked at Achieve for seven years. His goal is to greet every patient with a smile. Greg loves to work together with his patients to figure out the root of their problem and empower them to manage their condition as independently as possible. Greg has been in the ND Army National Guard for over 22 years and feels a strong connection to all the veterans that come into the clinic. In his free time, Greg enjoys playing and learning alongside his wife and four homeschooled kids, exploring the outdoors, running, and the occasional household project.



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