



NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

February 2024

The Connection Between Hip & Knee Pain



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 Achieve 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 Achieve 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 picking 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.
- **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!

Visit us online achieve-therapy.com or call the clinic nearest you.

Grand Forks

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Navigating the Path to Recovery with Achieve Therapy

At Achieve 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



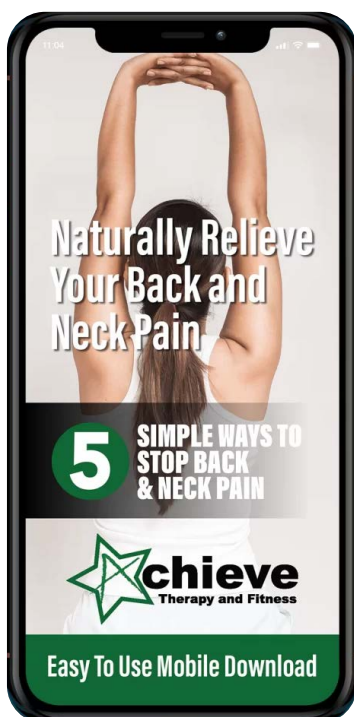
the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

Follow These Simple Steps to a Pain-Free Life

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

Sources: <https://pubmed.ncbi.nlm.nih.gov/32643252/> • <https://pubmed.ncbi.nlm.nih.gov/31621559/> • <https://pubmed.ncbi.nlm.nih.gov/30407271/> • https://journals.lww.com/jgpt/fulltext/2020/04000/hip_muscle_strengthening_for_knee_osteoarthritis_.6.aspx • <https://www.jospt.org/doi/10.2519/jospt.2018.7877>

Start Healing At Home With Our Back Pain Ebook



At-Home Exercise Inner Thigh Stretch With Greg





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Healthy & Festive Recipe Red Velvet Cake Donuts



Ingredients:

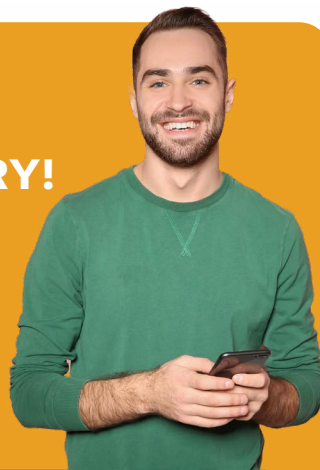
- 2/3 c all-purpose flour
- 1/4 c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp low-fat condensed milk
- cute candy hearts optional

Directions: Preheat the oven to 350F/175C and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food coloring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mould 3/4 of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with cute candy hearts.

<https://happyhealthymotivated.com/skinny-red-velvet-baked-cake-donuts/>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



CLICK HERE LEAVE YOUR REVIEW

8 Simple Tips For Shoveling Snow



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safe when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Avoid twisting.** Move your feet and use your legs to shift your weight back and forth rather than twisting through your back. Keep your shoulders and hips facing the same direction, bend at the hips and not your back, and you can't go wrong!
- 3. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 4. Switch it up.** Don't always shovel from the same side. Changing your arm and leg position will help decrease the repeated stress on your joints.
- 5. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 6. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 7. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.
- 8. Finish up.** It's always a good idea to finish with some stretching, or even ice areas that you know tend to get sore, after a workout. Then go and enjoy a beverage of your choice after a job well done!

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Fitness Member Of The Month



Meet Bonnie, our fitness member of the month!

Our February fitness member is Bonnie! Bonnie's favorite thing about Achieve fitness is the variety of classes offered and the concern the instructors have for how each member is doing. Her favorite fitness class is the balance class because it has helped her core strength and her attitude! Bonnie shared with us, "I can be having a bad day but when I get to class and visit with friends and do the exercises, the whole day is better!"

Staff Spotlight Nicole



Say Hello to Nicole!

Nicole is one of the physical therapists at our East Grand Forks Achieve clinic. Her favorite part about her job is building meaningful relationships with her patients while helping them achieve their goals. She also enjoys spending each day with her awesome coworkers. Outside of work, Nicole likes spending time with her family, working out, reading and traveling anytime the opportunity is available!

FREE WORKSHOPS

PARK RAPIDS:

Feb. 13th 2024 at 5:30 PM | Knee Pain
March 12th 2024 at 5:30 PM | Shoulder Pain
April 9th 2024 at 5:30 PM | Knee Pain

GRAND FORKS:

Feb. 20th 2024 at 5:30 PM | Knee Pain
March 19th 2024 at 5:30 PM | Shoulder Pain
April 16th 2024 at 5:30 PM | Knee Pain

[CLICK HERE TO REGISTER!](#)

Staff Birthdays & Work Anniversaries

Birthdays

Kindra Bergrud | February 1st
Ashley Olson | February 7th
Tracy Kelley | February 2nd

Anniversaries

Jocelyn | February 15th



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