

INSIDE:

- The Benefits of Manual Therapy
- At-Home Exercise
- Meet Our Running Consultants!
- Foundation Helps Toronto Raptors

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LEASIDE

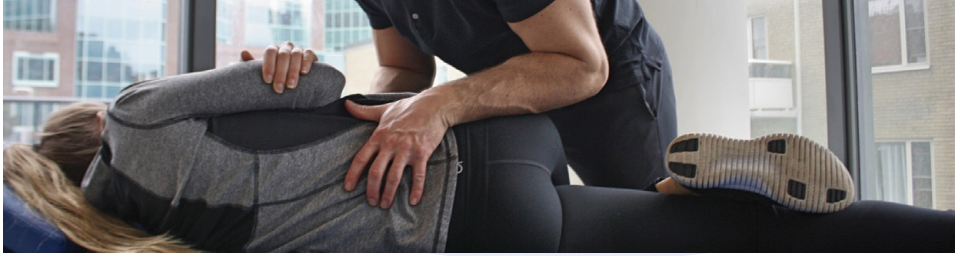
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The Connection Between **HIP & KNEE PAIN**





The Connection Between HIP AND 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 Foundation Physiotherapy & Wellness, our integrated team frequently observes 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 team 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 specialists as soon as possible!

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

At Foundation Physiotherapy & Wellness, we believe in a holistic approach to healing. As musculoskeletal experts, each member of our team is trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that includes working with different members of our team to address 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.
- **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 physiotherapists, chiropractors, and massage therapists can help!

Navigating the Path to Recovery with Foundation Physiotherapy & Wellness

At Foundation Physiotherapy & Wellness, our integrated team 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 and chiropractors 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 par-

Sources: <https://pubmed.ncbi.nlm.nih.gov/32643252/>; <https://pubmed.ncbi.nlm.nih.gov/31621559/>; <https://pubmed.ncbi.nlm.nih.gov/304072711/>; 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>

ticularly 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 team goes beyond the surface, digging deep into your symptoms to identify the underlying issues and determine 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

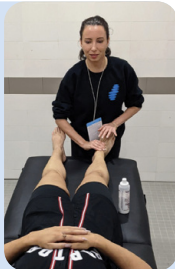
Are you ready to embrace a lifestyle that promises better mobility and less pain? The team at Foundation Physiotherapy & Wellness is here to guide you every step of the way, fostering a future where you feel better, move better, and live better!

Call today to schedule an appointment!

THE BENEFITS OF MANUAL THERAPY

One of our pillars at Foundation is to use advanced manual therapy techniques to improve our clients' physical health. Manual therapy is just one tool in a physiotherapist's kit that allows them to mobilize stiff joints and soft tissue. This specialized form of treatment helps in reducing swelling, decreasing restriction, mobilizing joints, and increasing your range of motion. Our physiotherapists have received extensive training in specialized manual therapy techniques from a wide variety of schools and instructors.

Manual physiotherapy techniques may include, but are not limited to: mobilization and manipulation, soft tissue massage and manual traction.



CLIENT SUCCESS STORY

"I started working with Shirin after struggling with calf pain while training for my half marathon. Not only did she help get rid of the pain, but she's continued to work with me to be a better runner, suffer less injury, and work on my overall fitness/health. I can't rave about her enough, and I truly look forward to my appointments with her. I would not have been able to run my first half without her!" — Sarah J.



Last month, the Toronto Raptors invited us to provide onsite treatment for their charity basketball tournament, Raptors for Research. The event raised \$750,000 for Hospital Research. We were honored to be a part of the event!



FOUNDATION HELPS AT TORONTO RAPTORS CHARITY EVENT



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MEET OUR RUNNING CONSULTANTS!



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Get ready for running season!

Book a running consultation with one of our pros today!

AT-HOME EXERCISE VIDEO **STANDING BANDED CLAMSHELLS**

Build knee and hip stability with this band exercise!



Place your resistance band just above each ankle and stand with your feet shoulder-width apart. Bend your knees slightly and move into a squat position. Maintaining the squat position, take one step sideways with one foot followed by a step with the other foot in the same direction. Repeat for 8-12 steps across the room in each direction. This is one set. Repeat for a total of 3 sets.

Tips: Ensure your back is straight, and that your knees, hips, and shoulders are pointing forward. The band should remain taut during the entire exercise and avoid swaying/bouncing or twisting/tilting your torso with each step.



Scan to watch!