Anatomy Physiotherapy Clinic

N E W S L E T T E R



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Find Relief For Your Hip, Knee, & Leg Pain

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare-up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes Hip, Knee and Leg Pain?

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones. In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

CALL US TO SCHEDULE AN APPOINTMENT TODAY!



How Physiotherapy Can Help You

In many cases, physiotherapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physiotherapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physiotherapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact Anatomy Physiotherapy today, and tell us about your symptoms. You'll be glad you did!

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Staff Spotlight

Justin Thompson, Registered Massage Therapist

Justin graduated from Georgian College with an advanced diploma in Massage Therapy in 2018. He has a passion for research and strives to provide treatments based on the newest scientific evidence in the field. Growing up playing football, rugby and hockey, Justin found himself in and out of rehabilitation programs. With personal experience in successful and unsuccessful rehabilitation programs he understands what it takes to return to activity and improve your quality of life.

Outside of the clinic you might find Justin running, cycling or trying new remedial exercises himself at the gym.



Patient Success Spotlight

"I started seeing Tanya for physiotherapy recently. She is a very positive and knowledgeable physiotherapist. After two appointments I felt much better and have been given excellent exercises which will help me stay feeling pain-free. I had a massage with Justin following one of my appointments and was very pleased with his knowledge and communication. He was able to help me work on mobility and I left there standing taller. I will definitely return to see both these professionals." **– J.P.**



Slow-Cooker Vegetarian Lasagna

Healthy Recipe

Ingredients

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, chopped
- 3 large portobello mushroom caps, gills removed, halved & sliced
- 1 small zucchini, quartered & sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper
- 12oz whole-wheat lasagna noodles
- 3 cups shredded mozzarella

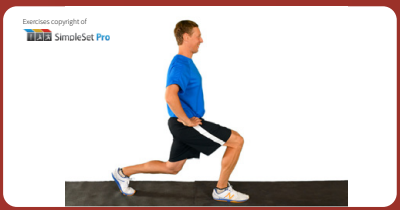
Instructions

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours.

Exercise Essentials

LUNGES

Start by standing with feet shoulder-width apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to the original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time.



Sudoku Puzzle

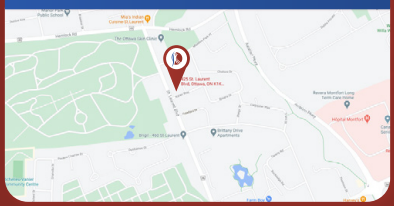
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Anatomy Physiotherapy Clinic

NEW LOCATION!

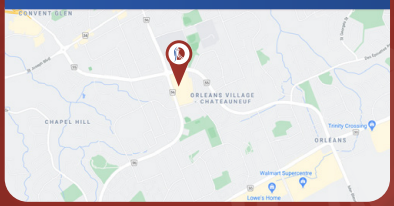
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Call us to schedule an appointment today!

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