



BayLife

Physical Therapy & Rehabilitation, Inc.

NEWSLETTER

Helping You Move Through Life Pain-Free!



KNEE & HIP PAIN RELIEF WE CAN HELP RESOLVE YOUR PAIN!

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Baylife Physical Therapy today to make an appointment. With guidance from our physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What is causing your pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

1. Getting older
2. Being overweight/obesity
3. Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Baylife Physical Therapy, our therapists are skilled and identify the source of the issue and help you find a solution.

Visit Us Online www.baylifept.com or Call Today [\(727\) 520-0800](tel:7275200800)

HOW PHYSICAL THERAPY CAN HELP YOU

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Baylife Physical Therapy are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

What you can expect at physical therapy

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings.

Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

Advice to stay active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretching exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is



how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

Contact our clinic today

Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion.

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Baylife Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain> • <https://painphysicianjournal.com/current/pdf/article=NTlwOQ%3D%3D&journal=111> • [https://www.oarsijournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsijournal.com/article/S1063-4584(02)90796-X/pdf) • <https://www.sciencedirect.com/science/article/pii/S1063458414013429> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8022067/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/> <https://doi.org/10.1016/j.pmn.2020.12.011>

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FREE PAIN CONSULTATION



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**CALL (727) 520-0800 TO
SCHEDULE TODAY!**

Spots are limited, call today!

Call to schedule.
Expires 12-23-23

CALL US TODAY

BayLife • St. Petersburg | P: 727.291.4794

Back In Action • Deerfield Beach | P: 954.287.4653

Back In Action • Tamarac | P: 954.710.5416

Back In Action • Plantation | P: 954.231.2915

Back In Action • Coconut Creek | P: 954.519.6539

QPR • Stuart | P: 772.758.5865

QPR • Port St. Lucie | P: 772.758.5843

QPR • Port St. Lucie | P: 772.758.5885

QPR • Fort Pierce | P: 772.758.5881

Florida PTI • Estero | P: 239.695.7532

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!



REVIEWS

www.baylifept.com



EXERCISE ESSENTIALS

FOAM ROLLING BASICS



Abs



Upper Arm



Upper Back

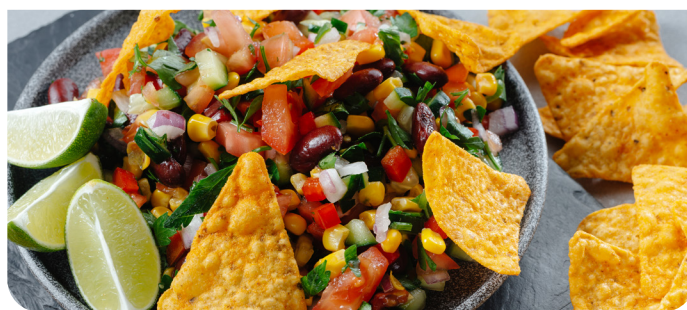


Lower Back

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

HEALTHY RECIPE

COWBOY CAVIAR



Ingredients:

- 1 15-oz. can black eyed peas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 1/2 c. diced roma tomatoes
- 1 jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 cup red onion, chopped
- 1/4 c. chopped cilantro
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- Tortilla chips, to serve

Directions: In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla chips.

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