



Solutions for YOUR HIP AND KNEE PAIN

Do you have pain in your hips or knees when trying to enjoy leisurely walks, climbing stairs, or bending down to retrieve a dropped item? Hip and knee pain can limit your ability to perform and enjoy daily activities.

Fortunately, at Soleil Physical Therapy, our therapists can teach you how to find relief and get back to doing what you love!

Your hips are ball and socket joints, meaning that your femur (thigh bone) fits perfectly into your pelvis (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint is vital for walking, stairs, and bending or kneeling movement. This is also why things can go wrong, resulting in injury and pain.

Pain ensues if the cartilage wears down or is damaged due to age or injury. It is also possible for the muscles and

tendons surrounding the hip and knee to experience pain from overuse or trauma. No matter the source of pain, we offer solutions to help you resume your normal activities.

If your hip or knee pain limits you from living the life you want, don't hesitate to contact Soleil Physical Therapy as soon as possible. We'll help you get moving freely once again!

What causes hip and knee pain?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Tears and ruptures.** There are ligaments and cartilage in the hips and knees that are susceptible to injury, including tearing. Tears to ligaments leave the joints



How Physical Therapy Can Help Hip and Knee Pain

Our physical therapists are movement experts! We will start with an injury evaluation and a biomechanical assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about the training schedule, the demands on the body, and the athlete's overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the best possible outcome.

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. Our physical therapists will determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength. Physical therapy will provide the foundation for success while reducing future injuries!

Contact Us to Schedule an Appointment

At Soleil Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints and treat them accordingly. Any problems that are discovered early ensure that your joints are working at their peak performance.

[Call today to schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!](#)

unstable, while cartilage tears typically affect your range of motion. Most tears result from some trauma or sports-related accident.

- **Bursitis.** Bursae are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and trauma, resulting in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Strains and Tendonitis.** Muscles or tendons can become strained and/or inflamed due to overuse and repeated activity. This causes inflammation and fraying of the tissue, resulting in pain.

Although it is less common, fractures and dislocations are possible due to accidents or diseases such as cancer. This is something to keep in mind as you participate in physically demanding activities and hobbies. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a fracture or even a dislocation.

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/>

[Click to Schedule an Appointment Today!](#)

DRY NEEDLING TREATMENT VIDEO

Watch Dave demonstrate how he targets osteoarthritis pain in the knee using dry needling with electro stimulation. Not all physical therapists are trained in this technique but when used properly it can have a profound effect in treating pain.

*Click to watch
Dave's video!*



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EXERCISE ESSENTIALS

90/90 Hip Stretch

Improve Your Hip Flexibility

Start by sitting up straight on a mat. Take one leg and make your shin parallel with the front of the mat and your knee at a 90-degree angle with your leg on the mat. Place your other knee near your foot and aim your shin parallel with the side edge of the mat so your foot is pointing straight back and your knee is bent to about 90-degrees. Sit straight up and allow your hips to be stretched as they sink toward the mat in this position. 2 sets, 1 rep, 30 seconds hold.



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

STAFF SPOTLIGHT



Qui Trinh

DPT

Qui received his Doctorate in Physical Therapy (DPT) in 2022 from Mass General Hospital Institute of Health professions. He is a certified strength and condition specialist (CSCS) by the NSCA and works as a personal trainer at his local gym. Qui is also certified in dry needling from the Spinal Manipulation Institute. He enjoys educating patients on their conditions and how to promote a healthier lifestyle. Among the general population, Qui enjoys working with young athletes and sharing his knowledge on preventing overuse injuries. In the future, Qui hopes to further his education and skills in manual therapy and obtain his orthopedic clinical specialty (OCS).

While not at Soleil, Qui enjoys helping his club team, "Rising Tides", in improving their vertical jump height and arm swing mechanics. He also loves painting clay pots and playing pickleball with his partner.

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★ **REVIEWS**



Call today to schedule an appointment!

(617) 644-4522



soleilpt.com

**111 Washington St. Suite 101,
Quincy, MA 02169**

Therapy Hours:

**Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM**