



PHYSICAL THERAPY
WELLNESS CENTER
PELVIC HEALTH



PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pains in your hips and knees? You may be experiencing arthritis from old injuries or wear and tear from repetitive movements.

Your hips are your largest joints and their job is to help shock absorb and take stress off your knees during functional activities. Maximizing hip mobility can give you a better chance of sustaining an active lifestyle. But pain and flare ups can make even our basic activities of daily living a challenge.

The good news is that at G3 Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes Of Hip, Knee And Leg Pain

Hip, knee and leg pain are surprisingly common. Thus, their

source can come from a variety of things. To help determine the root cause of your pain, there are 3 things to consider. First, where is the exact location of your pain? Second, what activities or movements cause or alleviate the pain? Third, what kind of pain and how long does it last? With your insight and some physical therapy tests, our G3 physical therapists can help find your problem.

Osteoarthritis is ultimately caused when a joint is not aligned properly and too much stress is placed on one part of the joint. The friction between bones over time and overuse can cause arthritis. This is more commonly seen in older people. The mal-alignment can be caused by a previous injury, wear and tear from repetitive use, being overweight, poor posture, and even the shape and different types of feet.

Joint injuries or being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

Visit Us Online g3.life or Call Today 760.452.2640



STEP LIGHTLY WITH G3 PHYSICAL THERAPY!

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries
- Stiff feet that limit shock absorption
- Floppy feet that cause excessive knee motion

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more

serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physical Therapy Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach your strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life. Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

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PATIENT SUCCESS SPOTLIGHT



"I have learned that visiting **G3 Physical Therapy and Wellness Center** is like participating in a science project.

The journey is a very well orchestrated, custom designed, personalized plan for each participant, all with the same goal of health and wellness as the final result.

These custom personalized therapy plans are directed by Michael Van Gilder

whose keen learned skills, passion for helping others, and methodical approach to wellness is the **secret sauce** that separates G3 from its contemporaries.

In a rehab setting - this is a very unique, happy, positive, friendly and results oriented **gathering place**. I have been a patient at G3 for a number of issues and injuries over many years, the results have always been the same - success.

If you embrace the hard work on this journey with discipline and resolve, you will enjoy the destination of the benefits of wellness as a result of your hard work. The **G3 Experience** is so well worth your time and efforts.

Kudos to Mike and his very professional staff." — **Allan O.**

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!



ENCINITAS
LOCATION



SOLANA BEACH
LOCATION

Visit us at g3.life today!

EXERCISE OF THE MONTH

IT BAND STRETCH



Directions:

1. Stand next to a door frame holding on with both hands. One down by your waist, and one up over your head.
2. Crossover step with your inside foot while leaning into the wall.



Don't Forget! The Carlsbad 5000 Race Is April 2nd!

"Run or walk this beautiful race along the coast in Carlsbad. It also has one of the best kids races."

If you haven't registered, now is your chance!

Use code **G32023** for a discounted registration fee!

Click [HERE](#) To Register!



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