



DON'T BLAME THE KNEE: THE KNEE IS STUCK BETWEEN YOUR HIP AND FOOT

Did you know that for most people, the root cause of their knee pain stems from hip and/or ankle dysfunction, and possibly even their foot type? At G3 Physical Therapy, we frequently observe that many knee problems originate from areas above and below the knee.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where every joint in the body works together to achieve a functional movement or action. This interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in another part of the body. The good news is our physical therapists can help you figure out the immediate cause of your pain and, equally importantly, identify the underlying source of your pain, and guide you back to health.

To move towards a healthier, pain-free life, we recommend you consult with one of our physical therapists as soon as possible!

YOUR GUIDE TO RECOGNIZING THAT YOUR KNEE PAIN SYMPTOMS COULD BE ORIGINATING FROM YOUR HIPS, ANKLES, OR YOUR FOOT.

At G3 Physical Therapy, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between where your knee pain is coming from, and develop a plan that addresses the whole person, not just the symptom.

The Telltale Signs that Your Hip is Contributing to Your Knee Pain.

- **Can't Touch Your Toes:** This usually equates to tight hamstrings-hip muscles that originate from the sit bones of your hip, extends down the back of your leg, and has two attachments just below the knee, on the inside and outside of the knee. This illustrates that, because the hamstring crosses the knee joint, hamstring tightness can create abnormal tension on the knee.
- **Walk Like a Duck:** Walking toed out can be caused by 3 things. First, it can be from the mechanical shape of your hip joint, second from tight and shortened hip muscles, or third from muscle training like ballet dancers, which relates to number two of having shortened muscles. This can create alignment issues that can put too much stress on your knees.
- **Hard Time Squatting Down or Getting Up:** This is an indication of weakness in your legs, but the most overlooked area is addressing weak hips, particularly your glutes/butt. Having weak hips forces your legs to overuse your knees during functional activities.

Classic Indicators that Your Ankle or Foot are Contributing to Knee Pain.

- **Knock knees:** It's easy to see how this misalignment can cause knee pain over time. This can come from the angulation of your pelvis, which is more common in women. For men, especially growing boys, this can stem from an unbalanced foot type, particularly a super flat foot that stays flat and drives the knee inward. Your physical therapist can quickly identify this foot type.



- **Your shoes wear out unevenly:** Your shoes can indicate the location of the repetitive stress you place on your feet. Uneven wear on shoes can indicate that there is an imbalance and that imbalance can create excessive stress that moves up to your knees. Our physical therapists can help assess if you may have a structural imbalance like this.
- **History of Ankle Sprains:** Traditional remedies of ankle sprains is to immobilize the injured ankle with a cast or boot. Immobilizing any joint leads to stiffness and decrease in range of motion. A stiff ankle can lead to decreased shock absorption of your lower extremities and create excessive stresses in your knee, hips, and even your back.

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 physical therapists can help!

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NAVIGATING THE PATH TO RECOVERY WITH G3 PHYSICAL THERAPY

At G3 Physical Therapy, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, ankle, or foot.

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 therapist 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 particularly 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 therapists go beyond the surface, digging deep into your symptoms to identify the underlying issues and determining 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? At G3 Physical Therapy, we are 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!

SCHEDULE YOUR APPOINTMENT TODAY!

760.452.2640



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HEALTHY RECIPE



CHICKEN TRAY BAKE WITH POTATOES AND MEYER LEMON-OLIVE SALSA

RECIPE BY DANIELLE WALKER



FILLING

- 6 bone-in, skin-on chicken thighs (about 2 pounds)
- 1 teaspoon Cajun Seasoning blend*
- 1 teaspoon Tagine Seasoning blend*
- 1 pound red potatoes, scrubbed and quartered (Hannah or other white sweet potatoes would work well here too)
- 2 tablespoons avocado oil
- 1 teaspoon Himalayan salt

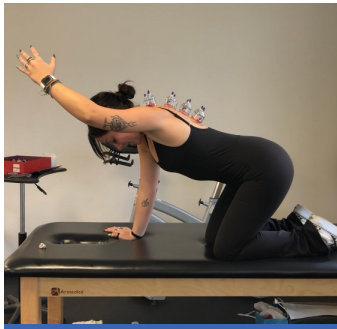
FOR THE LEMON-OLIVE SALSA

- 1/2 cup Castelvetrano green olives, pitted and roughly chopped
- 2 tablespoons extra-virgin olive oil
- Zest of one Meyer lemon (about 1 to 2 teaspoons)
- Juice of one Meyer lemon
- 1 garlic clove, minced
- 1 tablespoon chopped flat leaf parsley
- 1 tablespoon fresh chopped mint
- 1 tablespoon fresh chopped dill
- 1 pinch coarse sea salt

1. Preheat the oven to 400F.
2. Lightly grease a half sheet pan (18x13) with oil or line the pan with parchment paper. Place the chicken thighs in the center of the pan.
3. Mix 1 tablespoon of the oil with the Cajun Seasoning blend and the Tagine Seasoning blend. Rub the mixture on the tops and bottoms of the chicken.
4. Toss the potatoes in the remaining oil and salt. And scatter them around the chicken.
5. Roast for 28 to 30 minutes, until the chicken reads 165F and the skin is crispy, and the potatoes are fork tender. Toss the potatoes and rotate the tray halfway through.
6. While the chicken roasts, make the tapenade by stirring together the rough chopped olives, olive oil, lemon juice, lemon zest, garlic, herbs, and salt.

CUPPING TECHNIQUES

Cupping is a traditional Eastern technique using suction cups to release myofascial tissue & increase blood to decrease pain and increase mobility. We use the addition of 3-dimensional movements to maximize the results. The photos demonstrate using the arm to reach in 3 different patterns to maximize myofascial tissue release. This technique can be uncomfortable, and the suction cups can leave marks, so talk to your physical therapist about whether this modality is appropriate for you.



Sagittal Plane A



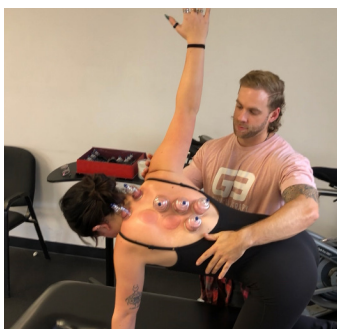
Sagittal Plane B



Frontal Plane A



Frontal Plane B



Transverse Plane A



Transverse Plane B



HEAL BETTER BY MANAGING INFLAMMATION

Inflammation is a vast topic that can affect our health and how well we heal from an injury. There are various lifestyle habits that we can do to decrease inflammation, like ensuring we get enough sleep, managing stress, and making sure we have the proper nutrients. One of these nutrients is Essential Fatty Acids, which are precursors to anti-inflammatory signal molecules.

A product that I personally use and have recommended for years is Fermented Cod Liver Oil or Skate Liver Oil. But, before you plug your nose, these are also available in capsule form. Now, I'm happy to announce that G3 will be carrying these products in the office for your convenience. [To read more about these products, click here!](#)

Feel free to email me at Sandra@G3.Life to set up a complimentary 15-minute consultation if you want to find out if this is something that is appropriate for you.



WE GET RESULTS

Highly recommend Richelle R. (PT, DPT). She initiated an insightful assessment and produced an effective manual (table work) and physical therapy (floor work) plan with early, steady and reassuring results. In addition to direct work with me, she directs G3's talented and enthusiastic team on the floor who also monitor and step in to guide me through Richelle's floor therapy work sequence as posted on the whiteboard. They, in constant communication with Richelle, observe and correct me in my stretches and equipment use. This studio is upbeat and has a perfect balance of professionalism, personality, teamwork and positive energy. The process used here is efficient, and I was able to get an initial assessment appointment quickly.

-Val V.

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!

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Visit us at g3.life today!



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