



EMERY PHYSICAL THERAPY NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



YOU DON'T NEED TO SUFFER ANY LONGER RELIEVING YOUR HIP, KNEE AND LEG PAIN



INSIDE:

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Your hip, knee and lower leg 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.

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, too, is 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.

If you are suffering with hip, knee or leg pain, call us today to learn how we can eliminate your pain and put a spring back in your step!



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GETTING TO KNOW THE **EMERY PHYSICAL THERAPY TEAM!**



PHILIP OLASA
PT, OCS, CMT

Philip Olasa earned his degree at Northwestern University in Evanston, IL, and his Master of Physical Therapy degree (MPT) in 1999 from Northwestern University Feinberg School of Medicine in Chicago, IL. Philip is board Certified in orthopedics (OCS) through the American Physical Therapy Association and is Certified in Orthopedic Manual Therapy (CMT).



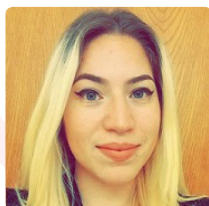
JENNIFER LAUBE
PT, DPT, FAAOMPT, ATC, CSCS

Jennifer graduated Summa Cum Laude from Carthage College in 2005 with a Bachelor of Arts in Athletic Training and Business Administration. While earning her undergraduate degree she played for the women's soccer team as the starting goalkeeper, and coached youth athletes during off season.



ORVILLE ABELLANOSA
PT

Orville graduated from Silliman University in the Philippines in 2017 with a Bachelor of Science degree in Physical Therapy. While in college, he was a consistent honor student and active student leader and member of the Rehabilitative Sciences Student Organization for several years.



NIKKI MUNOZ
EXERCISE PHYSIOLOGIST

Nikki is a graduate of the Exercise Physiology program from Elmhurst College. She is instrumental in preparing patients for treatment, monitoring their exercise program, and ensuring optimal progression and safety. She played on the college basketball team and continues to enjoy athletics.



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Does Arthritis Pain Grind You Down?



Millions of Americans suffer from arthritis pain every day, taking Ibuprofen and stronger medications to numb the pain and address the ongoing inflammation. The definition of arthritis is joint inflammation, however the term has acquired a wider meaning. Arthritis is now used as a generic term for osteoarthritis and other conditions that affect joints. The pattern, severity and location of arthritis symptoms can vary depending on the specific form of the disease.

Typically, arthritic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body. Physical therapy is an important part of the ongoing treatment for arthritis. Physical therapy strengthens, stretches and stabilizes muscles surrounding affected joints providing needed support.

Relieving Joint Pain

Exercising is important to help reduce joint pain and stiffness. Light to moderate-intensity physical activity can actually prevent a decline in function, even restoring health. However, some people with arthritis may be reluctant to exercise because of joint pain after activity.

You can take various steps to relieve pain, such as heat and cold therapy, or pain relievers, making it easier for you to exercise and stay active. In addition to physical therapy, choose non-impact exercises such as bicycling, swimming or water exercise. Furthermore, research shows that even modest weight loss combined with exercise is more effective in decreasing pain and restoring function than either weight loss or exercise alone. If you are suffering from arthritis pain, call us today and discover how we can relieve your pain, returning you to a more active, pain-free lifestyle!

EXERCISE OF THE MONTH

Try this movement if you are experiencing hip pain.

Strengthens Hips



HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



HEALTHY RECIPE

Honey Garlic Shrimp



INGREDIENTS

- 1/3 cup honey
- 1/4 cup soy sauce (reduced sodium)
- 1 Tablespoon minced garlic
- 1 lb medium uncooked shrimp, peeled & deveined
- 2 teaspoons olive oil

INSTRUCTIONS

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. 2. Place shrimp in a large zipped-top bag or Tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes, or up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, steam broccoli and microwave some quick brown rice). 3. Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. Discard used marinade. Cook shrimp on one side until pink—about 45 seconds—then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through.

CALL US TODAY IF YOU ARE EXPERIENCING LEG PAIN

Patient Success Spotlight



"They were patient, friendly and the therapy was individualized..."

"My name is Russ Rudsinski and I just completed my Physical Therapy at Emery Physical Therapy in Mount Prospect for a combination of a neck and shoulder ailment. While there Jen and the staff (Nikki, Orville and Phil) were true professionals in that they kept me always well informed. They were patient, friendly and the therapy was individualized (one on one) gearing my therapy towards what was best for me! It was awesome! And in my particular case after approximately 8 weeks of loyal and immense therapy, I could not have been happier with the results! Thank you Emery and the wonderful team!" - Russ R.

Direct Access To Physical Therapy

Did you know that the State of Illinois has passed direct access to physical therapy this year? You no longer need a prescription or referral to start therapy. This was done to help combat the opioid crisis and encourage the use of physical therapy as the safe and effective alternative for treatment of acute and chronic pain and injuries.

**A PHYSICIAN REFERRAL IS
NO LONGER NEEDED FOR
PHYSICAL THERAPY IN THE
STATE OF ILLINOIS!**

FIND US ON SOCIAL MEDIA



New Year's Tune Up



Strength and Flexibility Assessment

Call now to learn more about our 15 minute strength and flexibility assessment and tune-up for all past patients - get the max out of your fitness New Year's resolutions. Find out how to focus and avoid injuries while improving your health with Emery Physical Therapy!

(847) 696-6719

Expert Pain Consult

EXPERT PAIN CONSULT



**EMERY PHYSICAL
THERAPY**

(847) 696-6719

**CALL TO SCHEDULE TODAY!
NO PRESCRIPTION NEEDED**

Spots are limited so call today!

Call to schedule.

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