



# Trilogy

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

## Solutions For Hip & 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 Trilogy 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 Trilogy 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 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!

(continued inside)

Amherst  
716.217.5083

Clarence  
716.503.2320

Grand Island  
716.202.2405

Kenmore  
716.427.0278

West Seneca  
716.202.2916

Wheatfield  
716.427.0323

# What Causes Hip & Knee Pain?

(continued from outside)

- **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.

## ADDITIONAL WORKSHOPS

### AT OUR CLARENCE CLINIC

**Shoulder Pain:** August 7<sup>th</sup>, @ 6:00 PM

**Balance:** August 24<sup>th</sup>, @ 6:00 PM

### AT OUR WEST SENECA CLINIC

**Knee Pain:** August 8<sup>th</sup>, @ 6:00 PM

**Shoulder Pain:** August 22<sup>nd</sup>, @ 6:00 PM

### AT OUR KENMORE CLINIC

**Shoulder Pain:** August 3<sup>rd</sup>, @ 6:00 PM

**Knee Pain:** August 17<sup>th</sup>, @ 6:00 PM



## 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.

## CONTACT US TODAY

At Trilogy 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. Schedule a consultation with one of our expert physical therapists and discover how you can live life with freely moving joints!

**Click here to book your appointment at the location closest to you!**

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/>

Amherst  
716.217.5083

Clarence  
716.503.2320

Grand Island  
716.202.2405

Kenmore  
716.427.0278

West Seneca  
716.202.2916

Wheatfield  
716.427.0323

# Are You Experiencing Falls?

"A fall is defined as any event that leads to an **unplanned, unexpected** contact with a supporting surface, such as the floor or a piece of furniture that is not the result of a push or shove or the result of a medical event, such as a heart attack or fainting".

"A near fall is a **stumble** or loss of **balance** that would result in a fall if you were unable to catch yourself".

Each year more than one out of **four** older Americans, ages 65 and above, experience a fall.

Falling once **doubles** your chances of falling again.

In 2018 unintentional falls comprised **92%** of the ED visits recorded among people 65 and older, far outpacing crashes (7.8%).

Falling is not a part of normal aging.

## CAUSES OF FALLING:

- History of falls and fear of falling may cause you to cut back on daily activities resulting in you becoming weaker and prone to more falls
- Difficulty with walking or keeping your balance
- Vision problems
- Sensation (neuropathy)
- Getting dizzy when you stand up or sit from lying down
- Joint pain and arthritis
- Taking too many medications
- Inappropriate use of walker or cane
- Poor footwear
- Clutter in walking areas
- Weakness and poor flexibility

*\*\*The more risk factors you have, the greater your risk of falling*

## FALLS ARE PREVENTABLE

A physical therapist can help you assess your risk factors and develop a plan to address them and remain independent by:

- Designing an **individualized** plan for your fall prevention needs
- Helping you make your home as **safe** as possible
- Educating you about the **medical** risk factors associated with falls
- Providing you with appropriate **exercises** and **balance training**

Physical activity and exercise reduces falls by up to 40% in community dwelling older adults.

We can help! Call to schedule an appointment with one of our physical therapists, or sign up for our balance workshop to learn more!

*References: All information provided is from the CDC and APTA websites*

**Trilogy Physical Therapy is a proud sponsor of the Matthewson McCarthy Baseball League.**





# Trilogy

## 6 Convenient Locations

*Call To Book Your Appointment Today!*

### AMHERST

3970 Harlem Rd.,  
Amherst, NY  
**716.217.5083**

### CLARENCE

8637 Main St.,  
Clarence, NY 14221  
**716.503.2320**

### GRAND ISLAND

1801 Grand Island Blvd.,  
Grand Island, NY  
**PT: 716.202.2405**  
**MOG: 716.202.2762**

### KENMORE

1491 Sheridan Dr.,  
STE 300, Kenmore, NY  
**716.427.0278**

### WEST SENECA

100 Union Rd.,  
West Seneca, NY  
**716.202.2916**

### WHEATFIELD

3571 Niagara Falls Blvd.,  
North Tonawanda, NY  
**716.427.0323**

## Feel Better Today

[Click here to book your appointment at the location closest to you!](#)

## Our Services

- Aquatic Therapy
- ASTYM
- Cold Laser Therapy
- Electrical Stimulation
- Fall Prevention
- Fitness
- Joint Mobilization
- LSVT Big
- Lymphedema
- Manual Therapy
- Muscular Injuries
- Neuromuscular Re-Education
- Occupational Therapy
- Physical Therapy
- Spinal Manipulation
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy
- & More!

## Patient Success

"Outstanding!! I recently had two ailments - rotator cuff pain and lack of mobility and a pinched nerve in my neck causing numbness (weakness in my left arm). In both cases the problem was diagnosed quickly and physical therapy was extremely effective and efficient. They are knowledgeable, friendly and always courteous of my professional and personal schedules. I highly recommend their service to anyone." — D.C.



[Click here to book your appointment at the location closest to you!](#)

[mytrilogy.org](http://mytrilogy.org)