

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

NATURAL RELIEF FOR  
**HIP, KNEE, & LEG PAIN**

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[www.SpinePT.com](http://www.SpinePT.com)



*Scan the QR Code to visit our website at [www.SpinePT.com](http://www.SpinePT.com)  
to schedule your appointment today!*

Do you need hip, knee, or leg pain relief?  
Call Idaho Spine & Sports Physical Therapy today or visit [www.SpinePT.com](http://www.SpinePT.com)

# What Causes Hip, Knee, & 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.

**There are 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.

**Call one of our professionals today, and ask about physical therapy options. Your mobility is important, and your hip, knee, & leg pain can be treated.**

## What Causes Leg Pain?

While leg pain is noticeable by a slew of symptoms, several symptoms stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

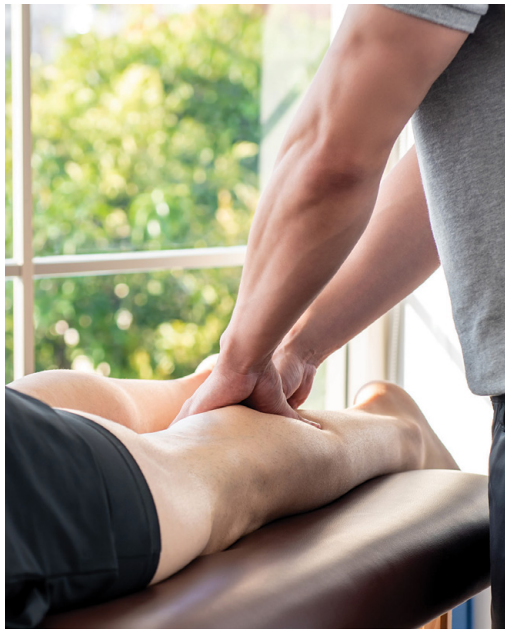
Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physical therapist. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

**Call To Discover What Is Causing Your Trouble!**

# How Physical Therapy Can Help

In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physical therapist immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. **We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.**



#### Sources

<https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>

<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>

<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

## Feel Better By Eating Better!

### Spiced Oatmeal and Apple Bars

- Cooking spray
- 2 1/2 cups old-fashioned oats
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 2 large apples, peeled, cored, and finely chopped
- 1 cup apple cider
- 1/2 cup dark brown sugar
- 1 large egg, beaten
- 3 tbsps butter, melted
- 2 tsp vanilla extract

Preheat oven to 350°F. Line a 9x13-inch baking pan with parchment paper and coat paper with the cooking spray. In a medium bowl, combine the oats, flour, baking powder, cinnamon, and salt. Add the apples to a large bowl with the apple cider, brown sugar, egg, butter, and vanilla. Stir to combine. To a large bowl, slowly stir in dry ingredients until incorporated. Transfer mixture to baking pan. Place another sheet of parchment on top of the mixture and press down firmly into an even layer and into corners. Remove the top piece of parchment. Bake 30–35 min., until golden brown. Let cool and use parchment paper to lift from the pan. Cut into 16 bars and store in a sealed container.



## Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

**Meridian Location**

(208) 286-2707

**Boise Locations**

(208) 939-0533

**Fax Number**

(208) 939-3341

**Clinic Hours**

Monday - Friday | 7AM - 7PM



# Dark Chocolate Can Benefit You!

## What Can Dark Chocolate Do For Me?

A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals.

The bioactive compounds found in the cocoa of dark chocolate have also been known to improve blood flow and can help lower blood pressure. In turn, increased blood flow results in higher brain function, allowing you to stay sharp during the holiday season.

Additionally, dark chocolate actually has a variety of powerful antioxidants – even more so than some fruits!

## Dark Chocolate and Pain Relief

Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort.

The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!

To learn more, give us a call or visit [www.SpinePT.com](http://www.SpinePT.com) today!



Valentine's Day Coupon!

**\$50 OFF**

\$50 off physical therapy services.  
One for you and one for your loved one.

One Per Client - Offer Expires 2/28/21

## Exercise Essentials Step Down



Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet.



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Give us a call at your nearest location or visit [www.SpinePT.com](http://www.SpinePT.com) to schedule your consultation today!