

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

## THE CONNECTION BETWEEN HIP AND KNEE PAIN

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to schedule your appointment today!

## The Connection Between

# Hip and Knee Pain

Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Idaho Spine & Sports Physical Therapy, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our therapists can help you figure out the source of your pain and, more importantly, 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 the Signs and Symptoms of Hip and Knee Pain

At Idaho Spine & Sports 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 hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

### The Telltale Signs of Hip Pain

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or picking up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

### Classic Indicators of Knee Pain

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.
- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

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 therapist can help!

# Navigating the Path to Recovery

## with Physical Therapy

At Idaho Spine & Sports Physical Therapy, our physical therapists will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

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 therapists 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 Idaho Spine & Sports 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!

Sources:  
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<https://www.jospt.org/doi/10.2519/jospt.2018.7877>

**Call Idaho Spine & Sports Physical Therapy today at (208) 939-0533 and schedule an appointment with our physical therapist. Find the relief you have been looking for!**



## 4 Hip-Strengthening Exercises to Help Reduce Knee Pain

1. **Hip Bridges:** The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.
2. **Clamshells:** The exercises are effective in strengthening the hip abductor muscles. By lying on your side and opening and closing your legs like a clamshell, you work on the muscles that are essential in maintaining knee alignment.
3. **Side-Lying Hip Abductions:** This exercise is a powerhouse in bolstering the hip muscles, primarily targeting the gluteus medius. This vital muscle aids in stabilizing the hips and knees. Engaging in this exercise can be a game-changer in alleviating knee pain.
4. **Quadruped Hip Extensions:** Another fantastic exercise that strengthens the hip muscles and promotes a stable core, creating a well-balanced support system for your knees.

These hip-strengthening exercises can provide stability and support to the knee, potentially reducing the strain and consequent pain.



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# Valentine's Special!



**Love your back and come in for a free assessment and strength test on the MedX!**  
MedX targets and restores abnormal strength and movement patterns of the spine.

## What is MedX?

Most back & neck related conditions such as degenerated disc disease, bulging & herniated discs, sciatica, stenosis, muscle strains, and headaches have one simple underlying cause... abnormal stresses on the joints of the spine.

*Fortunately, when the spinal stabilizers are trained correctly, abnormal stresses are reduced and the pain generating spinal tissues heal.*

- MedX uses a patented restraint system to isolate spinal movement and target strengthening of muscles critical to spinal positioning and stabilization.
- MedX is recognized as the Gold Standard for testing and treating the

muscular components of chronic neck & back pain and disability.

- MedX strengthens the spine throughout all ranges of motion thus preventing re-injuries in the future.

*MedX responds well to the following conditions:*

- Disc Bulges
- Disc Herniations
- Degenerated Discs
- Non-specific Pain
- Sciatica
- SI Dysfunction
- Stenosis
- Muscle Strains
- Headaches
- Posture Syndromes
- Post-surgical Outcomes
- Prevention of Reoccurring Spine Pain
- Work Injuries

*Offer Expires 2/28/2024*

## New Year, New Insurance Benefits!

**With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed. This means a whole new year to make the most of your benefits.**

The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely. Let Idaho Spine & Sports Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.



## Get Your Life Back with Idaho Spine & Sports

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

**Phone Number**

(208) 939-0533

**Fax Number**

(208) 939-3341

**Clinic Hours**

Monday - Friday | 7AM - 6PM

