



KNEE & HIP PAIN RELIEF

ARI PHYSICAL THERAPY CAN HELP
RESOLVE YOUR PAIN!

KICK YOUR HIP & KNEE PAIN TO THE CURB WITH ARI PHYSICAL THERAPY



Dr. Adam Gilbert
DPT

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At ARI Physical Therapy, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal,

it causes strains to the joints, leading to pain in the hips and knees. At ARI Physical Therapy, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

Identifying the Source of Your Hip and Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Cartilage injuries
- Sprains and strains (i.e., injuries to muscles and ligaments)

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

Arthritis: Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

Continued inside.



Discover natural pain relief. Contact us today to schedule an appointment!

Tell City 812-363-1980 | Jasper 812-902-1413 | Santa Claus 812-902-2515

WWW.ARIREHAB.COM

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Tendonitis: Repetitive stress and overuse type injuries are more common with tendon-related pains.

Sprains/Strains or Cartilage Injuries: These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

Effective Solutions for Your Knees & Hips

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What To Expect In Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess

your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

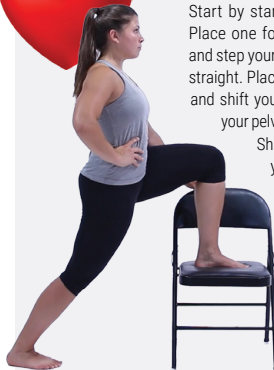
Call Us Today To Request An Appointment

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact ARI Physical Therapy to schedule an appointment. We offer the results you are looking for!



Exercise Essentials

STRIDE STRETCH



Start by standing in front of a chair. Place one foot firmly up on the chair and step your other leg back so that it is straight. Place your hands on your hips and shift your weight forward, tucking your pelvis and squeezing your butt.

Shift until you feel a stretch in your hip on the side of the back leg. Hold for 30 seconds and repeat with opposite leg.

If you are not sure about how to do this exercise, please consult with your physical therapist before starting.



TELL CITY: 812-363-1980

JASPER: 812-902-1413

SANTA CLAUD: 812-902-2515

FREE WORKSHOPS

ROTATOR CUFF | FEBRUARY 08 | 6:00 PM | JASPER

BALANCE | FEBRUARY 17 | 9:00 AM | SANTA CLAUS

ROTATOR CUFF | FEBRUARY 21 | 6:00 PM | TELL CITY

BALANCE (PARTNER WORKSHOP) | MARCH 05 | 11:00 AM
PERRY COUNTY PUBLIC LIBRARY

PERIPHERAL NEUROPATHY | MARCH 20 | 6:00 PM
SANTA CLAUS

BALANCE | MARCH 21 | 6:00 PM | TELL CITY

Call today to register. Workshops are free but space is limited.

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HEALTHY RECIPE

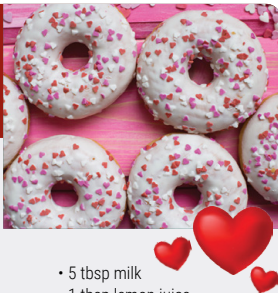
HEALTHIER RED VELVET BAKED CAKE DONUTS

INGREDIENTS

- ¾ c all-purpose flour
- ¼ c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp natural or Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp low-fat condensed milk
- Cute candy hearts optional

DIRECTIONS: Preheat the oven to 350F/175C and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food coloring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mold ¾ of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with cute candy hearts.

<https://happyhealthymotivated.com/skinny-red-velvet-baked-cake-donuts/>



Patient Success Spotlight



"My peripheral neuropathy had significantly improved since starting physical therapy at ARI. My therapists, Meghan and Monica, were excellent. They were encouraging and motivated me to continue my road to recovery. I can't forget to mention the friendly and helpful office staff. Thanks for all the help!" – Ron

ARI, WE CAN FIX THAT!

ARE YOU IN PAIN? HAVE YOU SUSTAINED AN INJURY? CONTACT US A CALL TODAY TO SCHEDULE AN APPOINTMENT!



Scheduling Your PT Appointment Is Easy – Just Scan the QR Code or give us a call.

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