MAGNOLIA
Physical Therapy

P: (504) 733-0254
F: (504) 734-8869
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FREEDOM FROM PAIN

The Newsletter About Your Health and Caring for Your Body

INSIDE: Relieving Your Hip, Knee & Leg Pain • Does Arthritis Pain Grind You Down? • Staff Spotlight • Exercise Essentials • Featured Service: Therapeutic Exercise

RELIEVING YOUR HIP, KNEE & LEG PAIN



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.

(continued inside)

HARAHAN
5606 Jefferson Hwy.
Harahan, LA 70123
(504) 733-0254

MARIGNY
2372 St. Claude Ave.
Ste. 104
New Orleans, LA 70117
(504) 943-8026

UPTOWN
2613 Napoleon Ave.
New Orleans, LA 70115
(504) 733-0254

CBD
234 Loyola Ave.
Ste. 302
New Orleans, LA 70112
(504) 407-3440

WESTBANK
1530 Lapalco Blvd.
#21
Harvey, LA 70058
(504) 733-0254

RELIEVING YOUR HIP, KNEE & LEG PAIN



(Continued from outside)

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
- Hip Weakness

While some causes are more severe than others, a physician can identify each. As the body ages, joints can 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 stiffened 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!



STAFF SPOTLIGHT

DR. MALLORY LOTT, DPT

Mallory Lott received her Doctorate of Physical Therapy (DPT) from LSU Health Sciences Center in 2018.

Having played soccer throughout high school, Mallory has a passion for treating athletes and sports-related injuries.

She is also interested in becoming a certified Orthopedic Clinical Specialist. As a proud New Orleans native, she loves working in the heart of the central business district and enjoying everything this great city has to offer.

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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.

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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 walking, and swimming. 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!**



HEALTHY RECIPE

GRILLED SHRIMP TACOS

- *1/4 c. extra-virgin olive oil*
- *3 tbsp. freshly chopped cilantro*
- *Juice of 3 limes, divided*
- *kosher salt*
- *Freshly ground black pepper*
- *1 lb. large shrimp, peeled and deveined*
- *1/4 head red cabbage, shredded*
- *1/4 c. mayonnaise*
- *1 tbsp. sriracha*
- *4 medium tortillas*

In a small bowl, mix together olive oil, cilantro, and 1/3 of the lime juice. Season with salt and pepper. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes. Meanwhile, make slaw: In a large bowl, toss cabbage with mayo, remaining lime juice and sriracha. Season with salt. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side. Grill tortillas until charred, 1 minute per side. Serve shrimp in tortillas with slaw.

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR HIP PAIN RELIEF

HIP FLEXOR STRETCH

1. Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

2. Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip- Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.



Exercises copyright of SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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FEATURED SERVICE

THERAPEUTIC ACTIVITIES



Many people assume that anyone participating in physical therapy treatments is recovering from recent surgery. However, that is not always the case. Physical therapy provides a multitude of benefits for anyone wishing to restore their strength, endurance, flexibility, or stability. In fact, physical therapy is used as a treatment for any pain, injury, or ailment someone may be facing. Therapeutic Activities are a great way to restore function and live a pain-free life. For more information on how therapeutic activities may benefit you, contact Magnolia Physical Therapy today.

Exercise programs are aimed at improving health, so you can feel better than you did beforehand. Therapeutic activities also implements targeted activities that are aimed at relieving pain and restoring you to your optimum level of physical function. Therapeutic activities can also be used as a way to prevent additional impairment or disability when facing certain physical risks. There is a wide variety of therapeutic activities and each one has a unique purpose.

READ MORE ONLINE AT
WWW.MAGNOLIATHERAPYLA.COM

SUCCESS STORIES



"If you need a safe & supportive place to recover, this is the place! I came to the Marigny location with a brain injury- I had severe headaches, no balance and vertigo. I could not even move my neck. I met with Dr. Marek who stuck with me through thick and thin, providing a lot of personal attention. Dr. Marek explained the issue thoroughly, followed with his plan for treatment. He is extremely supportive & answered all my questions. Today I am balanced & feel so much better. My husband and I would like to sincerely thank Ryan, the physical therapist assistants & all the support staff for helping us through a difficult time in our lives." **- L.A.**

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DIRECT ACCESS

WHAT DOES IT MEAN?

Physical Therapy is Easier to Get Than You Think!

- A physician refferal is no longer needed, unless your insurance requires it.
- Therapy may begin with a full evaluation by a licenced physical therapist.
- Patients sent by their physician can choose where they want to receive therapy.

Don't let your pain hold you back. Call us today at (504) 733-0254 or visit our website at MagnoliaTherapyLA.com.