



POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS



Physical Therapy Solutions For Hip & Knee Pain

WWW.POLISHUKWELLNESS.COM

**You no longer need a referral
for physical therapy!
COME SEE US TODAY!**

INSIDE

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A photograph of two women sitting on the grass in a park, stretching their legs. They are both smiling and looking towards each other. The woman on the left is wearing a yellow tank top and grey leggings, while the woman on the right is wearing a black sports bra and black leggings. In the background, there are trees and a green bench.

Physical Therapy Solutions For Hip & Knee Pain

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Polishuk Physical Therapy Wellness & Fitness, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes Of 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.

Joint injury and being overweight during early adulthood are signs

of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

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

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

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

Call us at (215) 918-4547 today!



1. *Feel free to call us and ask to speak to a therapist.*



2. *The therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, the therapist might recommend you come in for an appointment.*

**Call Polishuk
Physical Therapy**
to talk with a physical
therapist today!

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physical Therapy Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. 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 therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Sources:
<https://pubmed.ncbi.nlm.nih.gov/33560326/>
<https://pubmed.ncbi.nlm.nih.gov/30126395/>
<https://www.usnews.com/news/health-news/articles/2021-07-29/morethan-half-american-people-suffer-from-back-leg-pain>
<https://pubmed.ncbi.nlm.nih.gov/25591130/>

The Importance of Zone 2 Training



Have you heard of Zone 2 training? Zone 2 training is one of the most effective tools for improving metabolic health and longevity. This training technique can be applied to cycling, swimming, rowing, running, and more. If you want to improve your performance, reduce the risk of stress-related injuries, or enhance your heart health, keep reading!

Exercise scientists developed "training zones" over the years to assist athletes and coaches in understanding which energy systems and muscle fibers they use at a given exercise intensity level.

One system categorizes training intensity into six zones. Zone 1 is the least intense— and describes your body while sitting or walking around your house. Each numerical zone describes a state of increasing intensity, with zone 6 being the most intense— think sprinting or dead-lifting.

So why is zone 2 the optimum level to train at? For starters, exercising in zone 2 will improve your mitochondrial number, function, flexibility, efficiency, and fitness. We're taught that the mitochondria are the "powerhouse of the cell," but in truth, it's so much more than that! Mitochondria are critical in generating energy to power cellular function and, by extension, all biological processes.

Poor mitochondrial function, also known as "mitochondrial dysfunction," is seen in people suffering from heart disease, dementia, Type 2 diabetes, Metabolic Syndrome, cancer, and other conditions.

Zone 2 training not only can improve your athletic ability, but by improving your mitochondrial health, it can even help you live longer! Are you interested in learning more and getting started? Contact Polishuk Physical Therapy Wellness & Fitness today to access this hugely beneficial training technique!

Sources:
<https://www.howardluksmc.com/zone-2-training-live-longer-less-injury/>

Call us at (215) 918-4547 today!

Grilled Summer Squash And Red Onion With Feta



- ½ cup plus 3 Tbsp. extra-virgin olive oil, plus more for grill
 - 1 garlic clove, finely grated
 - ¼ cup white wine vinegar
 - 4 medium summer squash and/or zucchini, cut lengthwise ¼" thick
 - 1 medium red onion, cut through root end into 8 wedges
 - 2 bay leaves
 - Kosher salt, freshly ground pepper
 - 8 oz. feta, crumbled into large pieces
 - 4 banana peppers from a jar, thinly sliced crosswise
 - Generous pinch of crushed red pepper flakes
1. Prepare a grill for medium-high heat; lightly oil grate. Whisk garlic, vinegar, and ½ cup oil in small bowl to combine; set marinade aside.
 2. Toss squash, onion, and bay leaves on a rimmed baking sheet with remaining 3 Tbsp. oil to coat; season generously with salt and black pepper.
 3. Arrange squash and onion on grate. Grill squash, undisturbed, until grill marks appear, about 3 minutes. Turn over and grill on second side until tender and starting to release liquid, about 2 minutes. Transfer squash back to baking sheet. Grill onion, turning occasionally, until tender and charred around the edges, about 5 minutes. Transfer back to baking sheet.
 4. Arrange squash, onion, bay leaves, and feta on a rimmed platter and pour reserved marinade over. Scatter banana peppers on top and sprinkle with red pepper flakes. Let sit at least 15 minutes and up to 1 hour before serving.

Source: <https://www.bonappetit.com/recipe/grilled-summer-squash-and-red-onion-with-feta>
Photo By Alex Lau, Food Styling By Susie Theodorou, Prop Styling By Amy Wilson



You No Longer Need A Prescription For Physical Therapy!

Ask a Polishuk therapist for more information! Call us at (215) 918-4547 today!

Come Back In For Physical Therapy!

Call us at (215) 918-4547 or visit us online at www.polishukwellness.com to schedule your next appointment!



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