



Don't let pain stand in the way of your mobility!

Do you want to get active but find that pain in your knee, ankle, or foot is making it difficult? Both knee and foot pain are common complaints, and they can make everyday movement much more challenging. At OSR Physical Therapy, we offer treatment options to help resolve your pain and get you back on your feet (and knees)!

Knee pain is one of the more common ailments in the United States, with around 25% of adults reporting pain that impairs the function of their knee. And although we don't hear about it as much, foot pain is also fairly prevalent. One recent study estimates that foot pain occurs in 13% to 36% of the population, with the likelihood of foot pain increasing as people get older.

At OSR Physical Therapy, we understand how frustrating knee and foot pain can be. It can prevent you from doing everyday activities and make it harder to get movement in throughout your day. Fortunately, you have lots of options for treating knee and foot pain.

Call us today and learn more about we can help you resolve the pain in your lower legs.

Getting to the root cause of knee and foot pain

Most knee and foot pain stems from impairments to either the joints themselves or the muscles that surround the joints. There

are several possible causes for those impairments, from injury to diseases such as osteoarthritis. Here are just a few possible causes:

- Sprains and strains, which are injuries to either the ligaments (sprain) or the tendons (strain) of the joint
- Tendonitis, which is an inflammation of the tendons in the joint, often as a result of repetitive injuries
- Tendonosis, which is a degeneration of the tendons in the joint
- Osteoarthritis, which typically affects the knee but can occasionally affect the foot or ankle
- Plantar fasciitis, which is an inflammation of the tissue that runs across the bottom of the heel

And sometimes, the location of the pain isn't necessarily the source of the pain. For example, a pain in your knee, ankle, or foot might actually be traced back to a misalignment of your hip joints or weakness in your hip flexor muscles! At OSR Physical Therapy, we'll work with you to determine the exact cause of your pain so we can provide the fastest, most effective treatment method.



**We Can Help you Heal.
Call 602.607.4950 Today!**

How We Can Help You Resolve Your Foot & Knee Pain

We offer several pain relief options depending on the cause of your pain. One of the first steps we'll take is patient education.

When you come in for your first appointment, we'll conduct a thorough physical examination, including assessing your gait and posture. We'll also learn more about lifestyle factors that may be contributing to your pain, such as the work and exercise you do, your footwear choices, and your basic daily activities. From there, we can suggest modifications that might help lessen the pain.

However, treatment doesn't stop with education and modification. Here are a few of the other treatment options we might try to resolve your pain:

- **Manual therapy:** This hands-on treatment involves gently manipulating the muscles and joints, helping to improve your range of motion and guiding your joints into a proper movement pattern, reducing pain.
- **Muscle strengthening:** Strengthening the muscles around the affected joint will provide stability and improve your range of motion. If the source of your pain is postural, we might also suggest core strengthening exercises, which will help align your hips, reducing the pain radiating down to your knees, ankles, or feet.
- **Braces or taping:** Assistive devices like braces, wraps, walking aids, and tape can support your joint as you strengthen the surrounding tissue. Taping can also help reduce swelling.

- **Other pain management options:** We might also utilize other pain management techniques, such as cryotherapy, if appropriate for your condition.

Call OSR Physical Therapy and make your appointment today!

Don't let knee and foot pain get in the way of living a healthy, active life. Our team of experts will determine exactly what's causing your pain and provide a customized treatment plan to get you moving! Call OSR Physical Therapy today to schedule an appointment and take the first steps toward a pain-free life.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6483849/> · <https://www.choosept.com/guide/physical-therapy-guide-knee-pain> · <https://www.choosept.com/guide/physical-therapy-guide-plantar-fasciitis>



At-Home Exercise

Seated Hamstring Stretch

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge.

Feel the stretch in the back of your leg. Hold for thirty seconds and repeat twice on both leg.



Always consult with your physical therapist or physician before beginning an exercise you are unsure of.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

Yummy Recipe:

Ultra-Creamy Avocado Smoothie



Ingredients:

- 1 c milk
- 1/2 c sweetened condensed milk, plus more to taste
- 2 c crushed ice
- 2 ripe Hass avocados, pitted

Here's how to make it: Blend the milk, sweetened condensed milk and ice in a blender until very smooth. Add the avocado flesh and blend again until smooth. The mixture will be quite thick; add cold water a few tablespoons at a time, blending after each addition, until the mixture is pourable. Taste and add more sweetened condensed milk if you want it sweeter. Serve in chilled glasses with straws.

<https://www.foodnetwork.com/recipes/food-network-kitchen/ultra-creamy-avocado-smoothie-3363132>

Success Spotlight



Congratulations on all your hard work in Physical Therapy, Chad! We love seeing one of our own spread their wings and fly!

GOAL ZERO

DEHYDRATION DEATHS

5th

Annual Water Drive

55 = 2 CASES OF MUCH NEEDED WATER! | JUNE 5 - AUG 25

DID YOU KNOW...

Most heat related deaths occur in the month of July.

More deaths occur due to dehydration than fire, floods, hurricanes, and lightning strikes combined.

The blistering heat of day and night can take a life in a couple days.

HYDRATION SAFETY TIPS...

When performing outdoor activities, bring and drink plenty of water.

Start each morning with a glass of water.

Lightheaded, nauseous, sluggish, hunger pangs, and disorientation are all signs of dehydration.

ON YOUR BEHALF, OSR WILL DONATE MUCH-NEEDED LIFE-SAVING WATER TO THE HOMELESS AND HOME-BOUND THROUGH OUR COLLABORATION WITH ST. MARY'S FOOD BANK ALLIANCE. AND THEIR COOPERATION WITH PHOENIX'S LOCAL HEAT RELIEF NETWORK, YOU CAN BE ASSURED YOUR WATER DONATIONS WILL FIND ITS WAY TO THOSE WHO NEED IT MOST.

Let's Get Social!



+

FOLLOW US

@osrptaz



+

osrphysicaltherapy.com



Call us at 602.607.4950!



Check out This Yummy Recipe Inside!



Anthem Clinic

41125 N. Daisy Mountain Dr., STE 121
Anthem, AZ 85086

North Phoenix Clinic

3120 W. Carefree Hwy., STE B5
Phoenix, AZ 85086

Peoria Clinic

9784 W. Yearling Rd. Bldg. B, STE
1520 Peoria, AZ 85383

Gilbert Clinic

3345 S. Val Vista Dr., STE 101
Gilbert, AZ 85297

Scottsdale Clinic

14202 N. Scottsdale Rd., STE 169
Scottsdale, AZ 85254

Sun City Clinic

10474 W. Thunderbird Blvd., STE 200
Sun City, AZ 85351

Moon Valley Clinic

14001 N. 7th St., STE F112
Phoenix, AZ 85022

Glendale Clinic

16950 N 51st Ave., STE 3
Glendale, AZ 85306

@osrptaz @osrptaz

Start Healing Today!

P: 602.607.4950 | F: 602.607.4963

Email: referraldepartment@osrphysicaltherapy.com

OSRPHYSICALTHERAPY.COM



Resolve Your Knee and Foot Pain

Inside:

- Don't Let Pain Stand In The Way Of Your Lower Body's Mobility And Movement!
- Success Spotlight
- How We Can Help You Resolve Your Foot & Knee Pain

It's Easy To Request An Appointment!

Need to see a physical therapist for relief? Scan the QR Code to request an appointment today!



OSRPHYSICALTHERAPY.COM