

HOW WE CAN HELP YOUR HIP & KNEE PAIN



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for [2023 Canada Wildfire Fund](#)! We will donate \$10 for every Google review we receive!



The Canada Wildfire Fund will support pan-Canadian relief, recovery and risk reduction activities in response to the 2023 wildfire season.

CLICK HERE TO DO GOOD & LEAVE US A REVIEW TODAY!

Are you grappling with the challenges of walking, running, or engaging in physical activity due to persistent discomfort in your hips and knees? At Leaps & Bounds, we have a dedicated team of therapists committed to assisting you in finding effective solutions. Hip and knee pain can significantly impede your daily life. Your capacity to walk, sit down, rise from a chair, and enter or exit vehicles hinges on the optimal functioning of your hips and knees. At Leaps & Bounds, our therapists are equipped to help you identify limitations in your hip and knee function and offer you solutions before these issues escalate. Reach out to us today to schedule an appointment.

IDENTIFYING THE SOURCE OF YOUR HIP AND KNEE PAIN

Pain felt in the hips or knees may originate in the joint itself, or it may also be a result of an underlying condition in another part of the body. For example, your lower back, hips, knees, and ankles are part of the same kinetic chain, meaning they make up a combination of weight-bearing joints that must function together in harmony in order for your body to function properly. Therefore, a problem with one of these joints may transmit abnormal forces to another. If one part of the kinetic chain is out of balance, stress or strain may be placed on another.

You may have also been diagnosed with:

- Tendinitis: an irritation of the tendon, likely due to overuse.
- Bursitis: an irritation of the bursa, likely due to overuse.
- Patellofemoral pain syndrome: instability of the kneecap, that may result in irritation of the surrounding structures
- Osteoarthritis: a condition involving normal aging of the joint, that can sometimes become irritated.
- A traumatic injury like an ACL, meniscus, or other major ligament tears

While some causes may be more severe than others, a skilled therapist can accurately diagnose the source of your discomfort and provide guidance on the most appropriate steps for relief.

WHAT TO EXPECT IN THERAPY

An assessment is a thorough and systematic evaluation conducted by a trained therapist to understand your physical condition and identify the root causes of any pain, discomfort, or mobility issues you may be experiencing. During the assessment, the therapist typically begins by taking a detailed medical history, asking about the onset and nature of your symptoms, previous injuries, and relevant medical conditions. They then perform a comprehensive physical examination, which may include assessing your joint range of motion, muscle strength, flexibility, balance, and coordination.

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EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS



Special tests and palpation of the affected area may also be conducted to pinpoint specific issues. Based on the findings, the therapist works collaboratively with you to formulate a personalized treatment plan, which often includes therapeutic exercises, manual therapy techniques, and modalities to alleviate your pain, improve your function, and enhance your overall well-being. It is a crucial first step in guiding effective and tailored rehabilitation.

Effective and non-invasive treatments for hip and knee pain can offer you a path to relief without the need for addictive medications, surgery, or other invasive procedures. Physical therapy, often the cornerstone of such treatments, focuses on strengthening the surrounding muscles, improving joint mobility, and enhancing overall biomechanics.

Tailored exercise programs, under the guidance of a skilled therapist, can alleviate pain by addressing the root causes, whether they are related to your back, or to muscle imbalances, joint issues, or soft tissue problems. Additionally, manual

therapy techniques, such as joint mobilization and soft tissue manipulation, can aid in reducing pain and improving joint function. Moreover, non-invasive treatments may include modalities like acupuncture or electrical stimulation to manage pain and reduce inflammation. Lifestyle modifications, ergonomic adjustments, and patient education on self-management techniques can also play a pivotal role in maintaining a pain-free and active lifestyle. Overall, these non-invasive interventions empower you to regain your quality of life while minimizing the risks and recovery time associated with surgical options.

CONTACT US TODAY

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

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0301> • <https://pubmed.ncbi.nlm.nih.gov/30126395/> • <https://pubmed.ncbi.nlm.nih.gov/25591130/>

PATIENT SUCCESS



"Book now, feel better."

"I highly recommend Prabhav Gogna and the Leaps and Bounds team. I was experiencing significant pain from a pinched nerve in the upper back, and Prabhav's initial assessment and treatment brought immediate relief. Over the next 4 weeks, his progressive therapy plan helped me recover to where I was feeling better than before the injury. Book now, feel better." — K.W.

[CLICK HERE TO SCHEDULE YOUR APPOINTMENT](#)



AVOID SPORTS INJURIES THIS SEASON



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

GET IN TOUCH

#3 – 2015 Kingsridge Dr., Oakville, ON L6M 4Y7

P: 905.847.5227

Email: info@leapsboundsrehab.ca

www.leapsboundsrehab.ca



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APPOINTMENT**

**PERFORM BETTER
RECOVER FASTER
STAY IN THE GAME**

Exercise is an essential component of living a healthy lifestyle. For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle.

A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured while participating in a sport, don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow a skilled physical or occupational therapist at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries.

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

THE FOLLOWING ARE THE MOST COMMON SPORTS INJURIES:

- **SPRAINS:** When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.
- **STRAINS:** When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

If you've sustained either of the above conditions, don't hesitate to contact a physiotherapist. We can get you off the bench and back in the game this fall!

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