



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for the Oakville Hospital Foundation! We will donate \$10 for every Google review we receive!



We donated \$550 to local charities based on reviews last year alone. So, if you are a long-time client of ours and have received exceptional service with a great outcome, please consider leaving us a review.

[CLICK HERE TO DO GOOD
& LEAVE US A REVIEW!](#)

GET IN TOUCH

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

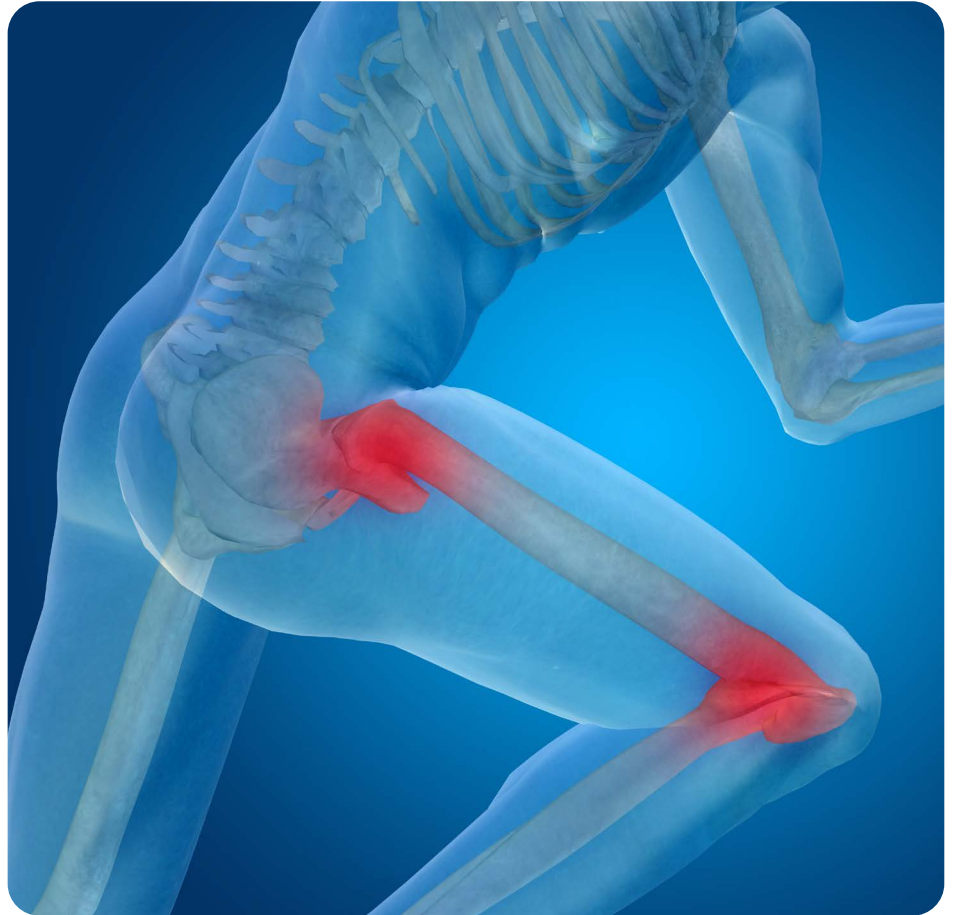
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NEWSLETTER



THE CONNECTION BETWEEN HIP AND KNEE PAIN

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Did you know that for a lot of people, their knee pain is not actually due to a problem with the knee, but one with the hip? At Leaps & Bound, we frequently observe that a problem originating in the hip can be first felt as knee pain and vice versa.

You might wonder how this is possible. The answer lies in what's known as the kinetic chain, where the hip and knee joints work together. The interconnection means that an imbalance or dysfunction in one joint can lead to compensation and pain in the other. The good news is our practitioners can help you figure out the source of your pain and, more importantly, guide you back to health.

To move towards a healthier, pain-free life, we recommend you consult with one of our practitioners as soon as possible!

YOUR GUIDE TO RECOGNIZING THE SIGNS & SYMPTOMS OF HIP & KNEE PAIN

At Leaps & Bound, we believe in a holistic approach to healing. As musculoskeletal experts, we are trained to pinpoint the root cause of your condition, differentiate between hip and knee pain, and develop a plan that addresses the whole person, not just the symptom.

THE TELLTALE SIGNS OF HIP PAIN

- **Localized Discomfort and Stiffness:** Hip pain generally starts as a localized discomfort in the groin area, often accompanied by stiffness restricting the range of motion. As the severity worsens, this pain can sometimes extend to the thigh and even the knee.
- **Morning Stiffness:** One of the most commonly reported symptoms is morning stiffness, which typically eases as the day progresses.
- **Difficulty in Performing Daily Activities:** Individuals with hip pain often find it challenging to bend over to tie shoes or pick up objects from the floor. This pain can intensify during movements like getting up from a seated position or walking uphill.

CLASSIC INDICATORS OF KNEE PAIN

- **Localized Pain and Swelling:** A primary indicator of knee issues is localized pain, often accompanied by swelling. This can be especially noticeable after prolonged periods of activity.
- **Stiffness and Reduced Range of Motion:** Another hallmark of knee pain is stiffness, which often restricts the knee's range of motion.
- **Popping or Crunching Noises:** Experiencing popping or crunching noises during knee movement is a sign that shouldn't be ignored, as these sounds often signify underlying knee issues.
- **Difficulty in Bearing Weight:** A large number of individuals with knee pain report difficulty bearing weight on the affected knee. This is often described as a feeling of weakness or instability, making activities such as climbing stairs or even simple walking difficult.

While interconnected, the hip and knee are distinct structures with unique roles in our body's movement and different responsibilities. Understanding these differences is vital in diagnosing and treating pain effectively. This is where the expertise of our practitioners can help!

NAVIGATING THE PATH TO RECOVERY WITH LEAPS & BOUND

At Leaps & Bound, our practitioners will conduct a comprehensive evaluation, and distinguish whether you're dealing with an issue in your hip, knee, or both.

After completing the evaluation, we'll design a program focusing on the actionable steps you can take to ensure long-term relief and prevention of future injuries, including the following:

- **Tailored Therapeutic Exercises:** Our practitioners will provide you with stretching and strengthening exercises to help restore your mobility and function. For example, eccentric training focuses on elongating a muscle under tension, proving particularly effective in strengthening muscles and improving mobility.
- **Neuromuscular Re-education:** This involves using exercises and manual techniques to restore normal muscle function and movement patterns. These techniques are especially effective in reducing pain and enhancing function, especially in individuals with hip and knee pain.

Our practitioners go beyond the surface, digging deep into your symptoms to identify the underlying issues and determine the true origin of your pain, whether the hip, the knee, or both. Our goal is to build a program that helps you get back to living your best life!

FOLLOW THESE SIMPLE STEPS TO A PAIN-FREE LIFE

Are you ready to embrace a lifestyle that promises better mobility and less pain? At Leaps & Bound, we are here to guide you every step of the way, fostering a future where you feel better, move better, and live better! Call today to schedule an appointment!

CLICK HERE TO START HEALING TODAY



Sources: <https://pubmed.ncbi.nlm.nih.gov/32643252/> • <https://pubmed.ncbi.nlm.nih.gov/31621559/> • <https://pubmed.ncbi.nlm.nih.gov/30407271/> • https://journals.lww.com/jgpt/fulltext/2020/04000/hip_muscle_strengthening_for_knee_osteoarthritis_6.aspx • <https://www.jospt.org/doi/10.2519/jospt.2018.7877>



PATIENT SUCCESS STORY

"Andrew Lam was amazing! I had gone elsewhere to cure my shoulder issues, used up all my benefits, but got no improvement. Went to Andrew, he looked past the injury, found the root cause and got me back to baseball in a very short time. I would highly recommend him to anyone!" — L.D.

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FITNESS IN THE SUMMER

Are you ready to get active this season? Summer is finally here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities.

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

TAKE UP GARDENING

After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

GO FOR A SWIM

Swimming is low-impact, gentle on the joints, and a good cardio workout. Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day!

Sign up for a class at your local YMCA or fitness club to get started.

FIND A HIKING TRAIL

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area,



definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

WALK ON THE BEACH

If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body!

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.