



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

October, 2010

Giving you information and answers to any physical therapy, health or fitness related questions

The Human Chain - Our Joints Are Linked!

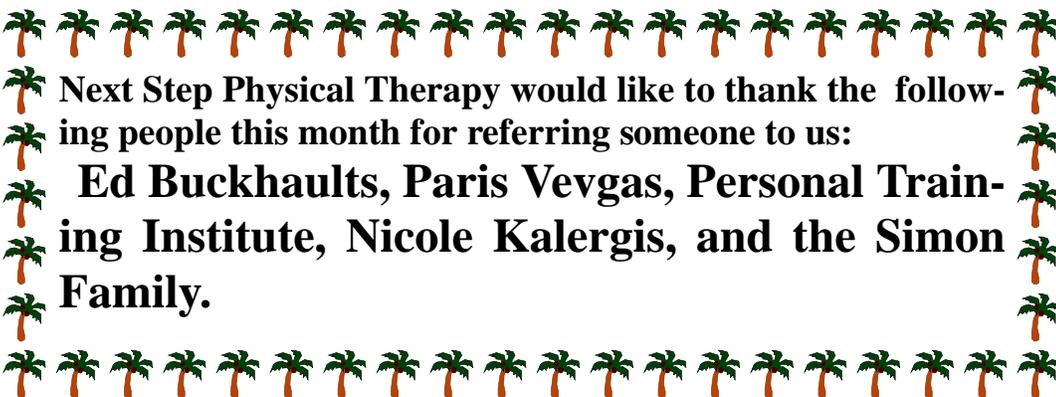
As the field of physical therapy continues to grow and mature, our understanding of the human movement system constantly evolves. When we treat people with a specific joint or muscle pain it is no longer appropriate to focus on that one isolated area of pain. Understanding that joints above and below the area of pain may be major contributing factors in the cause of the pain is very important.

Let's use an example: Knee pain. The area of pain is located at the knee, but does that mean that the cause of the problem is also located there? While many times the source of the problem will be the knee itself, sometimes it will not.

Sometimes, if an individual's foot pronates too much - this happens to people with flat feet - it can cause the knee to twist every time the foot makes contact with the ground. This excessive twisting can cause a gradual increase in stress on the knee which can lead to knee pain. If we don't address the foot problem and instead just treat the knee we will not be very effective or efficient in getting rid of that knee pain.

In other individuals with knee pain, the hip can be a causative factor. For instance, research shows that individuals that have pain in their knee cap (patella) also have a tendency to position their hip in a particular way when climbing up or down stairs that we know causes increased stress to the patella. If we correct the hip positioning, we can expect to decrease the knee pain. We also know that many of these patients have a particular weakness in the hip that makes this poor hip positioning a compensation to the weakness. When we strengthen those hip muscles, the poor hip positioning is easier to prevent from occurring.

Here are just two examples of how the body works as a chain—with each joint being a link that allows our body to function as a whole. Sometimes when one link is not working correctly, it can develop pain at that faulty link. Sometimes when a link is not working correctly, it can develop pain at a different link. It's my job as a physical therapist to identify not only the source of the pain but the cause of it as well.



Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

Ed Buckhaults, Paris Vevgas, Personal Training Institute, Nicole Kalergis, and the Simon Family.

QUESTION of the Month:

J.W. asks... Why does my knee hurt when I walk around without shoes?? Great Question! That is a sign that a problem with your foot exists that may be causing knee pain. When we have shoes on, it gives us some support for our feet - which is important. Walking without shoes eliminates that support which for certain types of feet can be potentially problematic to not only your feet but your knees, hip and back as well. An easy evaluation can identify this problem and correct it quickly.

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

What two joints beside the knee can cause knee pain????

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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