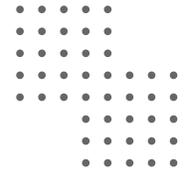
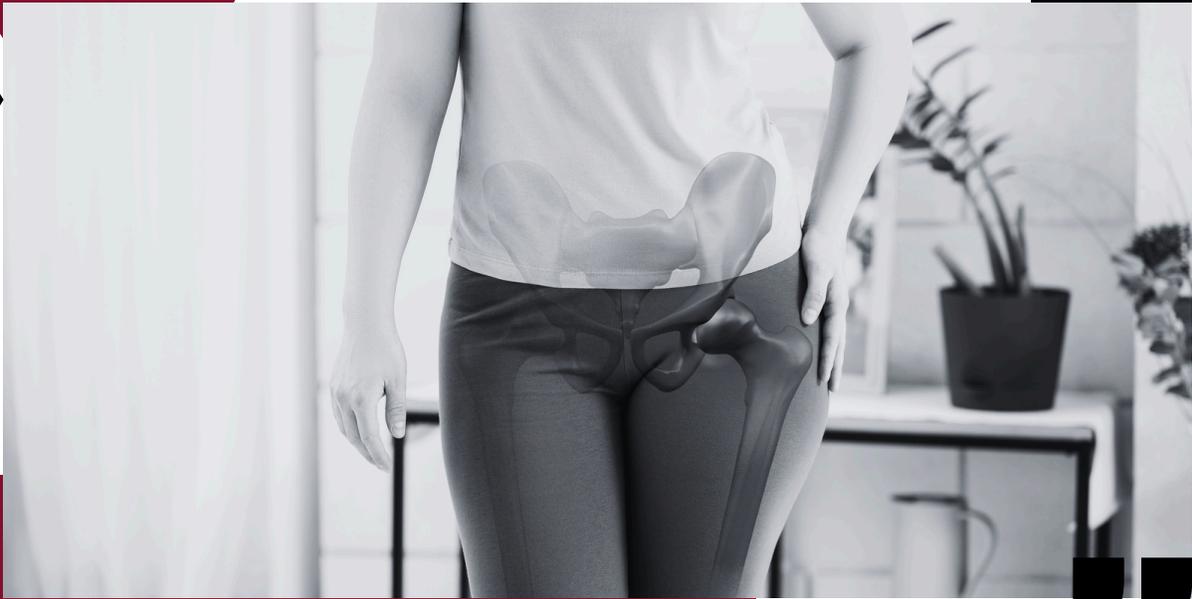


HIP & KNEE PAIN





Combat Hip & Knee Pain Without Pills or Surgery

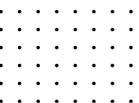
IT'S NOT JUST ABOUT THE JOINT

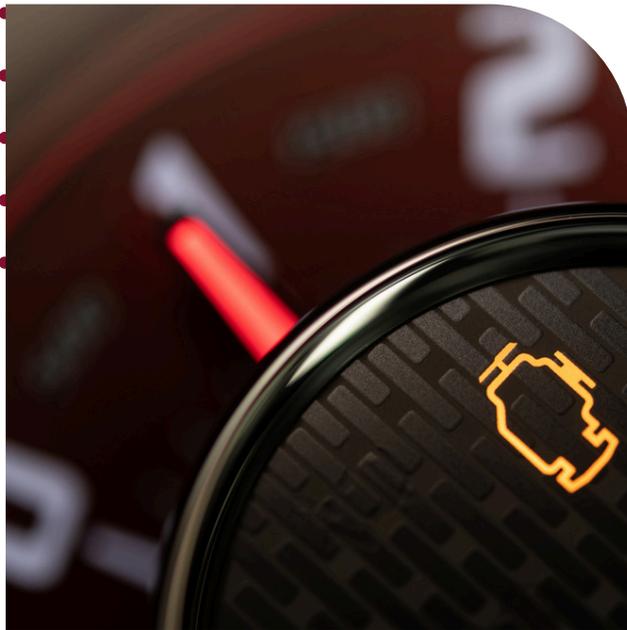
If you are reading this, you are likely frustrated. Maybe you've stopped playing golf, you hesitate before taking the stairs, or you just can't get comfortable in bed at night.

At HealthQuest Physical Therapy, we believe you shouldn't have to trade your active lifestyle for a life of limitations.

Many people think hip and knee pain is just a normal part of aging. It isn't. It's often a sign of a mechanical issue—a muscle imbalance/weakness, poor alignment, or stiffness that can be fixed.

This guide isn't about masking the pain. It's about fixing the root cause so you can Move Better and Live Better.





The "Check Engine" Light

Pain is your body's "Check Engine" light. It tells you something is wrong, but not always what is wrong. Often, knee pain is actually caused by weak hips, and hip pain is caused by poor foot control. This is what we call the Kinetic Chain.

TRY THESE 2 SIMPLE HOME TESTS TO SPOT THE WEAK LINKS:

1. THE "SIT-TO-STAND" TEST (KNEE STRENGTH)

- Sit on a sturdy chair, arms crossed over your chest.
- Stand up fully, then sit back down.
- **The Check:** Can you do this 5 times without using your hands? If you have to use your hands to push off, your leg muscles are weak, placing excessive stress on your knee joints.



2. THE "STORK" TEST (HIP STABILITY)

- Stand near a wall (for safety) and lift one foot off the ground.
- Try to balance for 10 seconds.
- **The Check:** If the hip on your non-weight-bearing side drops or your body sways immediately, your hip stabilizers are weak. This forces your knee to twist to keep you upright.



Why Rest is Rust

When your joints hurt, your instinct is to stop moving. But in the physical therapy world, we have a saying: "Motion is Lotion."

Your joints don't have a direct blood supply. They rely on movement to pump synovial fluid (nature's WD-40) into the cartilage to keep it smooth and healthy. When you stop moving, the joint dries out and becomes stiffer.

The Traffic Light Rule for Activity:

- **Green Light:** Pain is 0-3/10. It's safe to move.
- **Yellow Light:** Pain is 4-5/10. Modifications are needed. Slow down or reduce the weight/intensity.
- **Red Light:** Pain is 6+/10 or sharp/shooting. Stop immediately and call us for a free assessment.

**Key Takeaway: Hurt does not always equal Harm.
Gentle movement is usually the cure, not the cause.**



The Toolkit

5 MOVES TO COMBAT PAIN

These low-impact exercises are designed to strengthen the supportive muscles around your hips and knees. However, every body and injury history is unique, so there is no 'one-size-fits-all' prescription. Consider these movements a foundation. If you feel any pain or discomfort, please stop immediately—that is a sign you need a personalized approach. Come see us for a free assessment, and we will find the specific movements your body needs.

1 The Glute Bridge

Why: Wakes up the hips to take pressure off the knees.
How: Lie on your back, knees bent. Lift your hips toward the ceiling. Squeeze your glutes at the top. Lower slowly.



2 The Clamshell

Why: Targets the "side hip" muscles that prevent your knees from caving in.
How: Lie on your side, knees bent. Keep feet touching and open your top knee like a clam.



The Toolkit

3 Seated Knee Extension (Long Arc Quad)

Why: Strengthens the thigh without putting weight on the joint.

How: Sit in a chair. Straighten one leg out fully and squeeze your thigh muscle hard for 5 seconds. Relax.



4 Sit-to-Stands

Why: Builds functional strength for daily life.

How: Stand up from a chair and sit back down slowly. Control the descent!



5 Hamstring Stretch

Why: Tight hamstrings pull on the knee joint, causing friction.

How: Sit on the edge of a chair, one leg straight out, heel on the floor. Gently lean forward until you feel a stretch in the back of the thigh.





Beyond the Gym

You spend 23 hours a day not exercising. Here is how to protect your joints during that time:



Check Your Shoes

If your shoes are older than 6 months or show uneven wear patterns, they are changing the angle of your hip and knee with every step.

Replace them.



The Pillow Trick

If you wake up with hip pain, sleep on your side with a pillow between your knees. This keeps your top hip aligned rather than dragging it across your body.



Hydrate

Your joints are largely made of water. Dehydration leads to stiffer cartilage. Drink half your body weight in ounces of water daily.



Your Path to Pain-Free

You now have the tools to start moving better. But remember, this eBook is a starting point, not a customized prescription.



If you tried the "Self-Audit" and failed, or if your pain persists despite these exercises, you don't have to live with it.

Your Next Step: At HealthQuest, we offer a Free Assessment. This isn't a sales pitch.

It's a conversation with a Physical Therapist to look at your specific movement, discuss your goals, and see if PT is the right fit for you.

[CLICK HERE TO CLAIM YOUR FREE ASSESSMENT](#)

