

HIP, HIP, HOORAY!

We Do Bike Fittings



Sitting is the new smoking”, as terrifying as that is, sadly there’s truth to it. Researchers have linked constant sitting with a number of health concerns (organ function and orthopedic), but most importantly, sitting wreaks havoc on your hips. Prolonged sitting creates an environment for hips to become weak and tight, limits mobility and causes PAIN.

The hip is a major weight bearing joint so it’s prone to injury and arthritis. If you have hip pain or tightness, you can benefit from physical therapy. By keeping your hips strong and mobile with the help of PT, hip pain can quickly be fixed.

ELIMINATE HIP PAIN

Your first visit begins with a thorough evaluation to ensure correct diagnosis and proper management. During this time, your PT will gather information

about your problem, the aggravating and relieving factors, and what contributes to the overall problem. Your PT will review your gait (how you walk), strength (weakness or imbalance), mobility (range of motion in hip/spine), and other factors specific to your case.

After your initial evaluation, you and your PT will initiate a plan of treatment for your hip. Your therapist may use heat, ice, or electronic stimulation to help with inflammation. Specific manual techniques will be used to help alleviate your pain and improve your mobility. Exercises to improve hip strength or mobility may also begin, too. Taking it easy might seem best for relief (sometimes rest is necessary), but being active will improve your condition.

BIKING FOR HIP HEALTH

Being inactive for too long only causes stiffness and more pain, hence why it’s the “new smoking.” The proper blend of non-weight bearing exercises is your secret sauce for healthy and pliable hips. Unfortunately, some have more barriers to exercise. Opting for moderate, low-impact exercises, like bicycling is a great choice. Whether you enjoy a stationary bike or an outdoor path, cycling offers opportunities for those suffering with hip pain to stay active. Cycling opens up the hips, increases range of motion and speeds up the blood flow without causing great impact to the joint.

As you begin logging more miles, aches and pains may appear. The

usual culprits are poor riding position, imbalanced muscles, or a weak core. We can properly fit your bike, too. Having your equipment tailored to you and getting tips from your PT could prevent hip issues and injuries and could be just what the doctor ordered. General aches and pains can be remedied with traditional treatments such as rest, ice, anti-inflammatories, and physical therapy! Call today to take advantage of our FREE consultations and bike fittings!

DID YOU KNOW?

COMMON HIP CONDITIONS WE TREAT INCLUDE:

- BEFORE/AFTER HIP REPLACEMENT
- HIP BURSITIS
- HIP ARTHRITIS
- HIP FRACTURE/DISLOCATION
- HIP IMPINGEMENT
- ARTHROSCOPIC HIP SURGERY/ LABRUM REPAIR

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EXERCISE ESSENTIALS | EASY EXERCISES

Always consult your physical therapist or physician before starting an exercise regimen.



HAMSTRING STRETCH

1. While standing, cross your right foot in front of the left.
2. Tighten & engage your stomach (core).
3. Slowly bend down. You will feel a stretch in back of your leg.
4. Hold 30 seconds. Repeat on both sides, 3 times, daily.



TFL/ITB STRETCH

1. While standing, place your right foot behind the left and point your toes further to the left. Or on the side of your foot for a deep stretch.
2. Slowly lean your upper body over the left side. You will feel a stretch in the side of your right hip/side.
3. Hold 30 seconds. Repeat on both sides, 3 times, daily.

HOMETOWN TRIVIA...

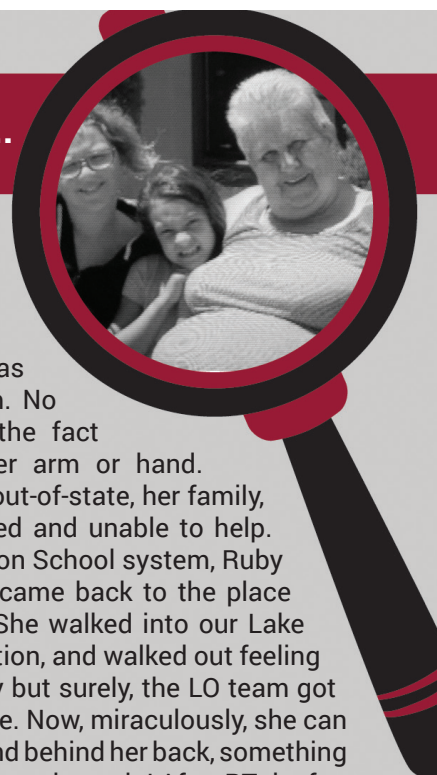
Now into their 6th year, what is the name of the largest weekly bike ride with over 3000 riders, which started in Detroit?

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on July 31, 2016.)

Last Month Q/A:

Q: What year was the Tiger's first official American League game?
A: 1901

PATIENT SPOTLIGHT...



After a serious fall, Ruby Nelson required rods and screws to repair her shoulder. During surgery, there were complications and she was paralyzed in her opposite arm. No PT was prescribed, despite the fact that she couldn't move either arm or hand. While surgery was performed out-of-state, her family, here in Lake Orion, was worried and unable to help. After retiring from the Lake Orion School system, Ruby had moved to the South, but came back to the place she knew people could help. She walked into our Lake Orion office for a free consultation, and walked out feeling hopeful and had a plan. Slowly but surely, the LO team got every one of her fingers to move. Now, miraculously, she can lift both arms above her head and behind her back, something she thought she'd never be able to do again! After PT the fun didn't stop for Ruby, Kyle worked on balance, walking and strength during her fitness program. "I went from taking baby steps to walking on the balance beam with no problems!" Ruby has a new lease on life and is going to continue moving with her 6 grandchildren and 1 great-grandchild!

ASK THE THERAPIST...



I LOVE TO BIKE, BUT A “TRADITIONAL” BIKE CAUSES ME PAIN. WHAT OTHER TYPES OF BIKES ARE AVAILABLE THAT ARE BETTER FOR MY ORTHOPEDIC ISSUES?

There are many different types of bikes to accommodate orthopedic injuries. Recumbent bikes are great for those with back injuries. Recumbent bikes give more support and contribute to comfort. Upright bikes are great for those that require more extension in their spine. There are also tandem bikes for people who need assistance to ride a bike. Tandem bikes are ideal for those who have limited balance but still want to be active. There really is an alternative to any issue, it's just finding what works for you. It's always best to have your bike adjusted specifically for you.



WHAT FACTORS CONTRIBUTE TO A BIKER'S KNEE PAIN? DOES FOOT PLACEMENT MATTER?

Biker's knee is called Iliotibial band syndrome which can contribute to issues. A seat too low will aggravate a knee problem. At the bottom of the pedal stroke you want 20 to 30 degree of knee bend, also referred to as flexion. This would be hard to see on yourself which is another reason why you'd want one of our PTs to fit your bike to you. Standing and pedaling into a higher gear can contribute to knee pain. Stretching and using a foam roller can be very helpful. If your knee continues to hurt, take advantage of our free consultation and find out what's going on.

SHARE THE GIFT OF GOOD HEALTH!

*Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!*



This month's 'Ask the Therapist' is brought to you by Lake Orion's Co-Director Phil Krause (right) and team therapist, Daniel Bannink, DPT (left).

Dan was our first PT to complete the Professional Development Program, which typically takes 2-3 years and provides advanced training for our PTs/PTAs. Dan is celebrating his 18th year of marriage next month. His wife, Erin, is a Veterinary Oncologist and together they have one furry child, Emerald (the dog). Together they love to enjoy craft beers and bacon cheeseburgers! Dan is an avid bicycle rider and amateur racer on the KLM/Cold Stone racing team.

Phil has been married 33 years, with 3 children: Kyle, Emily, and Jonathon. They also have a 2-year-old granddaughter, Payton. Phil loves to cheer on the Lake Orion Dragons and Detroit Lions. When he's not at a game or treating patients, you'll find him working out or boating on Higgins Lake.

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