

# NEWSLETTER



## The Connection Between Hip and Knee Pain

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 Boulet Physical Therapy, 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 therapists 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 physical therapists as soon as possible!

### Your Guide to Recognizing the Signs and Symptoms of Hip and Knee Pain

At Boulet Physical Therapy, 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 physical therapists can help!

[Schedule Your Appointment](#)

# Navigating The Path To Recovery With Our Team



*Dugie Dugas brought in his grandson Max who plays in the NFL for the New York Jets to meet the Boulet Team*

At Boulet Physical Therapy, our physical therapists 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 therapists 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 therapists 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 Boulet Physical Therapy, 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!

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://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>

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## How Hip-Strengthening Exercises Can Help Alleviate Knee Pain

You may be surprised to know that the functioning of our knees is directly linked to the strength and stability of our hip muscles. Our hip muscles play a vital role in maintaining the alignment and stability of the knee joint.

### Seeking Guidance at Boulet Physical Therapy

At Boulet Physical Therapy, we'll guide you through the exercises that ensure you reap the maximum benefits while maintaining safety and efficiency. Our approach is always holistic, emphasizing the role of the hips as crucial players in alleviating knee pain and facilitating overall health.

**Here are some highly effective hip-strengthening exercises that have been shown to lessen knee pain:**

- **Hip Bridges:** The bridge focuses on enhancing the strength of the hip extensors (buttock muscles) to help provide better support to the knee structure.
- **Clamshells:** The exercises are effective in strengthening the hip abductor muscles. By lying on your side and opening and closing your legs like a clamshell, you work

on the muscles that are essential in maintaining knee alignment.

- **Side-Lying Hip Abductions:** This exercise is a powerhouse in bolstering the hip muscles, primarily targeting the gluteus medius. This vital muscle aids in stabilizing the hips and knees. Engaging in this exercise can be a game-changer in alleviating knee pain.
- **Quadruped Hip Extensions:** Another fantastic exercise that strengthens the hip muscles and promotes a stable core, creating a well-balanced support system for your knees.

### Taking the Next Step

Remember, the journey to wellness is an ongoing process, and we are here to walk with you every step of the way. Ready to take a step towards a brighter, pain-free future? Call Boulet Physical Therapy today to get started!

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## Who Could Use Our Care?

If a loved one you know is struggling with aches and pains, don't hesitate to refer them to Boulet Physical Therapy today! We can help them get to the bottom of their discomfort.

[Visit Our Website To Learn More](#)

## Patient Success



"Going to Boulet Physical Therapy never disappoints. Taylor, Ms Pat, Katherine as well as all of the staff are very understanding. They are all so very kind and helpful. I recommend if you need physical therapy and think it won't help you, Go!!! I was a skeptic at first thinking it would help me; however, it has every time." — M.B.

# Recipe Of The Month: Black Bean Burgers

### Ingredients:

- 28 oz black beans, drained, rinsed, and patted dry
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 1 tbsp extra virgin olive oil
- 1/2 c bread crumbs
- 3/4 c chopped bell pepper
- 1/2 c feta cheese
- 1 c chopped yellow onion
- 2 large eggs
- 3 garlic cloves, minced
- 1 tbsp Worcestershire sauce
- 1 & 1/2 tsp ground cumin
- 2 tbsp BBQ sauce
- 1 tsp chili powder
- pinch salt + pepper



**Instructions:** Preheat oven to 325°F. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans. Form into patties, about 1/2 cup of mixture each, about 3/4-inch thick. Place patties on a parchment paper-lined baking sheet and bake at 375°F for 10 minutes on each side, 20 minutes total. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

## Spread The Love!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: click the button below to leave your review for Boulet Physical Therapy & Wellness Institute today!

[Click Here To Leave Your Review](#)

## Come & See Us

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness. Consistency is important in order to achieve the results you want. Click the button below to get back on our schedule!

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