

**SCHEDULE YOUR
APPOINTMENT TODAY!**



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 MSK Centre, 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 therapist 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 physiotherapists as soon as possible!

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

At MSK Centre, 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 picking 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 physiotherapist can help!

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WORD SEARCH



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NAVIGATING THE PATH TO RECOVERY WITH MSK CENTRE

At MSK Centre, our physiotherapists 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 therapist 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 determining 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 MSK Centre, 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:

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Joint	Lumbar	Ligament
Muscle	Scoliosis	Cartilage
Tendon	Bone	Knee
Arthritis	Meniscus	Osteoporosis



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Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



CALL **855.428.1996** OR VISIT **WWW.MSKCENTRE.CA** FOR MORE INFO

STAFF SPOTLIGHT

JORDAN FAYEZ, B.KIN. (HON.), M.SC.PT

Jordan graduated from Brock University with a Bachelor of Kinesiology in 2017 where he also worked as a student athletic therapist for 2 years and trained under a CATA hall of fame athletic therapist. He then went to Manchester, England to obtain his Master of Science in Physiotherapy in 2020 where he became class representative and had the opportunity to train in a variety of settings including the ICU, long-term care facilities, and patient's homes. Jordan has experience in treating a wide variety of patients and is most interested in helping patients achieve their goals and beyond. He has a keen interest in the biomechanics of movement as it's related to exercise and applies this to his practice. Beyond physiotherapy, Jordan has many interests some of which include cooking, traveling, stand-up comedy, and weight training.



AT-HOME EXERCISE

HIP ABDUCTION (QUADRUPED)

Try this to strengthen your hips

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



Always consult your physiotherapist or physician before starting exercises you are unsure of doing.



SUCCESS STORIES

“Dr. Bayley fixed my ongoing knee issue I had since high school football. I'm 36 and recently the issue got worse and was something other doctors couldn't delineate the actual cause from the medical imaging. My knees now are both perfect and let me participate in any activity I want now without pain.”

-M.W.



COME BACK TO MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

855.428.1996

Or request an appointment online at

www.mskcentre.ca

MSK CENTRE CLINIC NEWS

ANNUAL MSK CHRISTMAS PARTY!



At this year's MSK Christmas Party, everyone got to celebrate three amazing staff members, Emily, Becky, and Adam, who have been with us at the clinic for 1 year. Emily, Becky, and Adam work with MSK Rehab helping and assisting our physiotherapists, kinesiolegists, physiotherapy assistants, administrators, and our patients. Their responsibilities include assisting our rehabilitation team, housekeeping, laundry, inventory, providing support in the gym, and more. Emily, Becky, and Adam quickly became a vital part of the MSK team and we are incredibly happy and proud to have them be an essential part of the MSK Centre! Congratulations to 1 year at MSK and the many more to come!



Lorynne and Madi joined the MSK team as kinesiolegist with MSK Rehab, and quickly became an integral part of the MSK Centre. Their contributions to the clinic have been unmeasurable. Their dedication, passion, and expertise have left an undeniable mark that they have furthered their roles as Lorynne became the accessor for our WRDSB testing and joined the MSK Weight and Wellness Clinic team and Madi joined our Toyota team. Thank you for everything you both have done. While we're very sad to see you go, we're also very excited for the new adventures and opportunities that await you. Good luck to both of you in this next chapter in your careers. On behalf of the entire MSK team and our patients, we will miss you both immensely and we wish you both the best in this next step of your careers!



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