



How Peak To Shore Can Help Hip & Knee Pain

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Peak To Shore Physiotherapy, our team of therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Peak To Shore Physiotherapy, our therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.

IDENTIFYING THE SOURCE OF YOUR PAIN

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

The most common causes of pain:

- Arthritis
- Tendonitis
- Sprains and strains (i.e.,
- injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles. Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- 1. Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- 2. Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- 3. Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a therapist can identify what is causing your pain and help clarify what your next steps should be.

CLICK HERE TO SCHEDULE YOUR NEXT APPOINTMENT & START HEALING TODAY!

Effective Solutions for Your Knees & Hips

Our therapists will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, and coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

WHAT TO EXPECT AT PEAK TO SHORE

If you are suffering from knee or hip pain, it is essential to make sure you contact Peak to Shore as soon as possible.

We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of therapists will use this information to design a program that helps you increase your mobility, strength, and function.

CALL US TODAY TO GET STARTED!

Our Therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

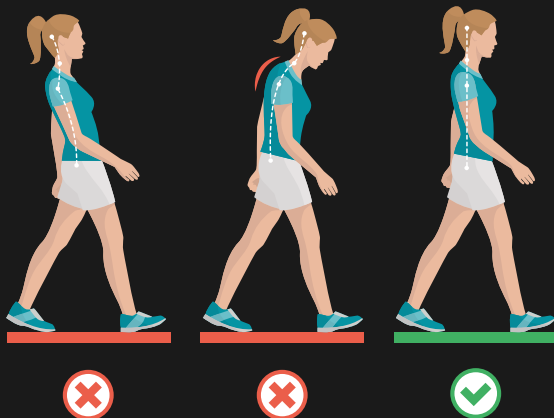
From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle! If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Peak To Shore Physiotherapy to schedule an appointment. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0301> • <https://pubmed.ncbi.nlm.nih.gov/30126395/> • <https://pubmed.ncbi.nlm.nih.gov/25591130/>



Healthy Tip

CHECK YOUR WALKING POSTURE



- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe

Our Patients Get Great Results!



“Jonathan was excellent!! Very detailed and thorough. I went to see him for a lower back injury from weight lifting. Jonathan quickly diagnosed me. After two sessions with him, and conducting the necessary stretches at home, I was able to get back to my workout routine. He's the real deal. Thanks again!!”

— Thomas

CLICK HERE TO LEAVE YOUR REVIEW & HELP US HELP MORE PEOPLE!

Get To The Bottom Of Your Sports Injury



Exercise is an essential component of living a healthy lifestyle. For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle. A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured while participating in a sport, don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow one of our skilled therapists at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries. Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

- 1. SPRAINS:** When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.
- 2. STRAINS:** When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

[CLICK HERE GET ON OUR SCHEDULE & GET BACK IN THE GAME!](#)

Did You Know?

WE CAN ALSO TREAT:

- Arthritis
- Hip Injuries
- Chronic Pain
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!



[Georgian Bay Location](#)

1 First Street Unit 102
Collingwood, ON L9Y 1A1

705.446.2551

[Stayner Location](#)

7460 County Rd. 91 Unit 3
Stayner, ON L0M 1S0

705.446.2551

[Wasaga Location](#)

102 - 14 Ramblewood Dr.
Wasaga Beach, ON L9Z 0C4

705.446.2551