



NEWSLETTER

DECEMBER 2021

WHAT'S INSIDE

ENJOY THE SEASON!

Say Goodbye To Pain This Holiday Season!

HEALTHY RECIPE

Try this delicious seasonal breakfast!

STAFF SPOTLIGHT

Meet Hannah Schuster,
PT, DPT

3 HEALTH TIPS FOR
THE HOLIDAY
SEASON



KEEP THE PEP IN YOUR STEP!

*PHYSICAL THERAPY SOLUTIONS
FOR HIP AND KNEE PAIN*



KEEP THE *Pep* IN YOUR *Step!*

*PHYSICAL THERAPY SOLUTIONS
FOR HIP AND KNEE PAIN*

► Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Apex Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

COMMON CAUSES OF HIP, KNEE AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.



Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

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



SAY GOODBYE TO PAIN THIS HOLIDAY SEASON!

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

HOW PHYSICAL THERAPY HELPS

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design

a program to restore lost motion, build your strength and teach your strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life. Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!



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*READY TO TAKE YOUR
HEALTH TO THE NEXT LEVEL?*

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STAFF SPOTLIGHT



Hannah Schuster, PT, DPT

Hannah Schuster is a physical therapist at Apex Physical Therapy. As a physical therapist, Hannah evaluates, develops a plan of care, and treats patients who have a variety of different conditions. Hannah utilizes exercise, education, manual techniques, stretching, modalities, and functional activities; the end goal being to maintain, restore, or improve function and quality of life for her patients.

Hannah received her Bachelor of Science Degree in Kinesiology from the University of Indianapolis before attending Indiana University, where she received her Doctoral Degree in Physical Therapy. Hannah is a Graston Technique (M1) trained clinician – a form of instrument-assisted soft tissue mobilization, which can be utilized for a variety of conditions. This technique can be used to address soft tissue lesions and fascial restrictions in order to help restore pain free movement and function. Hannah has a passion for using her clinical experience and knowledge to bring about tangible, positive results for her patients.

In her free time, Hannah enjoys swimming laps (she was a collegiate swimmer). Additionally, she enjoys traveling, baking, reading, and spending time with her family.

3 HEALTH TIPS FOR THE HOLIDAY SEASON

1. Shop Well For Yourself.

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise.

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No.

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.



HEALTHY RECIPE: SLOW COOKER PUMPKIN PIE OATMEAL



INGREDIENTS

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk

- 1 cup pumpkin
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

DIRECTIONS

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.