

Nip Hip and Knee Pain in The Bud!

Don't let aches and pains
keep you from enjoying
this season!



Spring has sprung! The beautiful weather calls for being outside and bringing out the gardening tools. However, one thing can stand in the way of you being able to beautify your front yard: hip and knee pain.

Hip and knee pain can get in the way of your everyday life. Contact [Zenith Physiotherapy](#) to schedule an appointment with your physiotherapist to have your hip or knee pain assessed and treated!

Causes of Hip and Knee Pain

The hips and knees often suffer the same diseases, disorders, and injuries. Overuse injuries such as tendinitis and chronic muscle strain are common in both the hips and knees because both joints are always in use. They are also both subject to acute injuries, such as sprains, strains, and dislocation.

Painful injuries that cause instability in the hips can also affect the knees. Tight hip flexor muscles and weak gluteus medius muscles can cause the hip to rotate inward. This results in painful issues such as iliotibial band friction syndrome or patellofemoral stress syndrome, as stress is put on the knee or kneecap.

How Physiotherapy Can Help

Physiotherapy can help to strengthen your joints and improve your range of motion. Our clinic believes that natural and conservative treatment options are just as effective (if not more!) for hip and knee pain relief than medications and surgery.

We will examine your hip and/or knee for signs of misalignment or structural damage, in addition to examining your stance, posture, gait, and range of motion. After your physical exam, you'll be prescribed a physiotherapy treatment plan, aimed at relieving unnatural stresses and strains. The goal is to normalize your joint function so you can live a comfortable life.

You deserve to enjoy all of the wonderful things spring and summer have to offer, including being active outside. The best way to know the true reason behind your hip or knee pain is to come see a licensed [Zenith Physiotherapy](#) physiotherapist for an in-depth evaluation.



EXERCISE ESSENTIALS

Try this movement to help relieve knee and hip pain.

IT BAND STRETCH - SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



[Schedule an appointment here.](#)
We can't wait to see you!



Zenith Physiotherapy and Wellness Clinic

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Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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3 ALLERGY SEASON TIPS



ALLERGY SEASON AHEAD

ALLERGY SEASON GOT YOU WORRIED?
GIVE YOURSELF AN IMMUNITY BOOST!

These three tips can help you stay healthy and strengthen your immune system:

1. Aim for 8-9 hours of sleep each night.
2. Make a habit of 20-30 minutes of physical activity a day.
3. Maintain a nutritious diet heavy on fruits and vegetables.

The essential vitamins are key to making sure your immune system is as healthy as possible.

HEALTHY RECIPE

AVOCADO DEVILED EGGS



Ingredients:

- 6 hard-boiled eggs
- 1 avocado, peeled and pitted
- 1 lime, juiced
- 2 tbsp red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

Directions: Cut the hard boiled eggs in half and scoop out the yellow egg yolk to a mixing bowl. Place the hard boiled egg white halves on a serving platter. To the mixing bowl of egg yolks, add the avocado, lime juice, red onion, cilantro, garlic powder, salt and pepper. Use a fork and mash all of the ingredients together until nice and creamy. Scoop the mixture with a spoon and dollop it back into the egg white halves. Alternatively, you could use a piping bag to pipe the avocado egg mixture into the egg white halves. Garnish with extra red onion and cilantro, then serve and enjoy!

Source: <https://downshiftology.com/recipes/avocado-deviled-eggs/>