

# Newsletter



## Find Freedom From Hip & Knee Pain

**HAYMARKET**  
PHYSICAL THERAPY, LLC  
*Results you can feel, from a team you can trust.*



**Bealeton:** 540.952.0138

**Bristow:** 571.832.2342

**Gainesville:** 703.570.1633

**HAYMARKETPT.COM**

# Newsletter



## Find Freedom From Hip & Knee Pain

### 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 Haymarket 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

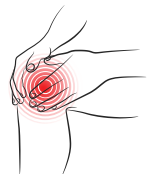
Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause. Joint injury and being overweight during early adulthood are signs of a trajectory towards 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.

## Our Mission

*To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.*

## Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Personal Training
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

## Contact Us

*We are here for you. Give us a call today to start your healing journey.*

**Beaeton:** 540.952.0138

**Bristow:** 571.832.2342

**Gainesville:** 703.570.1633

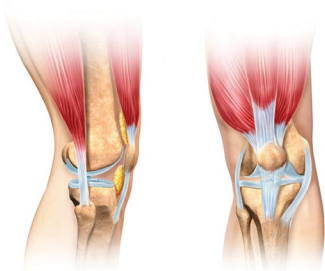
**HAYMARKETPT.COM**

# 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 you 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!

Sources <https://pubmed.ncbi.nlm.nih.gov/33560326/> · <https://pubmed.ncbi.nlm.nih.gov/30126395/> · <https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain> · <https://pubmed.ncbi.nlm.nih.gov/25891130/>

## Healthy Recipe: Stuffed Pepper Rice Bake

### Ingredients:

- 1 lb cooked lean ground beef
- 1 cup washed long-grain or jasmine rice
- 1 can diced tomatoes with chilis
- 1/2 cup red bell pepper, chopped
- 1/2 cup yellow bell pepper, chopped
- 1/2 small red onion, chopped
- 1 tsp paprika
- 1 tsp chili powder
- 1/2 tsp onion powder
- 1 tsp salt, to taste
- 1/2 tsp black pepper, to taste
- 1 1/2 cups low sodium broth
- 2 tbsp olive oil
- 3 cloves grated garlic
- 10 oz shredded Colby jack cheese
- 1/2 cup chopped fresh cilantro or Italian flat leaf parsley, for garnish

**Directions:** Cook ground beef. Add all the ingredients to a baking dish (except for the cheese). Mix everything together. Cover and bake at 400 degrees for 45 minutes. Remove from the oven, add cheese, and bake for another 10 minutes or until cheese is melted.



# 3 Natural Ways to Beat Spring Allergies

It's finally spring! For most people, this means warm weather, getting outside, and appreciating the blooming flowers and beauty of nature. However, if you have allergies, you might be dreading all of the above. Don't give up on the idea of enjoying the season just yet. Did you know there are several natural ways you can help lessen the severity of your allergies? Here are three ways you can start fighting off your allergies, beginning today!

## 1. MANAGE STRESS

Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies. A physical therapist can help you to manage your stress by prescribing you with an individualized routine that fits with your lifestyle and personal fitness goals.

## 2. AVOID UNHEALTHY FOODS AND DRINKS

Toxins in the body frequently aggravate allergies. Allergies can flare up when the liver is working overtime metabolizing our stress, medications, alcohol, and processed foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.

## 3. CLEAN THE HOUSE

This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms. For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.



## Staff Spotlight

**Dr. Catalina Lemcke, PT, DPT**

**Physical Therapist and Director of Rehabilitation | Gainesville**

Dr. Catalina Lemcke, PT, DPT, grew up always wanting to help others and through Physical Therapy found the perfect way to do just that. She is passionate about helping patients unleash their full potential for pain-free movement and activity and works with them to assess their condition and to develop a plan of care to meet their needs.

Dr. Lemcke graduated with a Bachelor of Physical Therapy in Bolivia, South America in 1995. She started her first job working in the acute and critical care units of the hospital helping children with respiratory illnesses. Dr. Lemcke also had the privilege to work/volunteer with children at a small low-income oncology hospital, on a pro bono basis. A few years later Dr. Lemcke was getting ready to come to the United States and reunite with her husband. After some time in the US, she decided to begin practicing Physical Therapy again with the love and support from her family. Dr. Lemcke graduated with a Doctorate degree in Physical Therapy in 2010 from Marymount University. Since earning her doctorate in physical therapy, she has worked in home health with senior citizens that are temporarily or permanently homebound.

In her work at Haymarket Physical Therapy, she is known for her caring, compassionate nature. Her favorite thing about her job is the people she works with and her patients who make every day enjoyable and worthwhile. When not working, you can find her trying new restaurants, kayaking in the Occoquan Reservoir, and spending time with her family, cats, and dogs. Dr. Lemcke is Fluent in Both Spanish and English.

## Patient Success

**"I love my experience and am progressing rapidly."**

"Excellent staff and service. Just had hip replacement and was leery of PT during covid situation. But the Bealeton facility has been wonderful -- only five minutes from home. Renee and Nikki observe all precautions and usually only one other client is present during my visits. Most reassuring is that I have the same therapists each time, unlike my earlier hip rehab (five years ago) at a larger, different site in Winchester) where I worked with different ones each time. I love my experience and am progressing rapidly. Thank you!" — **J. Newton**



## We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better