



RELIEVING YOUR HIP, KNEE & LEG PAIN

Your hip, knee and lower leg are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up.

(Read more inside...)

www.achievar rehab.com

INSIDE

**RELIEVING YOUR HIP,
KNEE & LEG PAIN**

**DOES ARTHRITIS PAIN
GRIND YOU DOWN?**

FUN & GAMES

YOU DON'T NEED TO
SUFFER ANY LONGER

RELIEVING YOUR HIP, KNEE & LEG PAIN



INSIDE:

- Does Arthritis Pain Grind You Down?
- Exercise Essentials

- Patient Success Spotlight
- Fun & Games

(Continued from outside)

What Causes 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.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints can become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. If you're experiencing redness, inflammation and stiffened joints, the condition may be severe.

What Are the Symptoms?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion, too, is a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

If you are suffering with hip, knee or leg pain, call us today to learn how we can eliminate your pain and put a spring back in your step! RIGHT IN THE COMFORT OF YOUR OWN HOME!

Get Moving Today with Achieva Rehabilitation!
www.achieva-rehab.com

DOES ARTHRITIS PAIN GRIND YOU DOWN?



Millions of Americans suffer from arthritis pain every day, taking Ibuprofen and stronger medications to numb the pain and address the ongoing inflammation. The definition of arthritis is joint inflammation, however the term has acquired a wider meaning. Arthritis is now used as a generic term for osteoarthritis and other conditions that affect joints. The pattern, severity and location of arthritis symptoms can vary depending on the specific form of the disease.

Typically, arthritic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body. Physical therapy is an important part of the ongoing treatment for arthritis. Physical therapy strengthens, stretches and stabilizes muscles surrounding affected joints providing needed support.

Relieving Joint Pain

Exercising is important to help reduce joint pain and stiffness. Light to moderate-intensity physical activity can actually prevent a decline in function, even restoring health. However, some people with arthritis may be reluctant to exercise because of joint pain after activity.

You can take various steps to relieve pain, such as heat and cold therapy, or pain relievers, making it easier for you to exercise and stay active. In addition to physical therapy, choose non-impact exercises such as walking, and swimming. Furthermore, research shows that even modest weight loss combined with exercise is more effective in decreasing pain and restoring function than either weight loss or exercise alone. If you are suffering from arthritis pain, call us today and discover how we can relieve your pain, returning you to a more active, pain-free lifestyle!

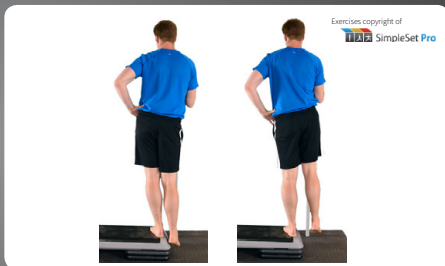
EXERCISE ESSENTIALS

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.

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

TRY THIS EXERCISE FOR HIP PAIN RELIEF





OUR SERVICES

- In-Home Therapy
- Neurological Rehab
- Movement Therapy
- Orthopedic Rehab
- Joint Rehab
- Arthritis
- Tendonitis
- AND MORE!

PATIENT SUCCESS SPOTLIGHT

“With Achieva Rehab, I get undivided attention...”

“Having experience with therapy in a traditional gym, I greatly prefer the Achieva Rehab in-home model because of the One-on-One relationship. When you go to a rehab facility, your therapist is also working with other patients at the same time. With Achieva Rehab, I get undivided attention as well as a much better understanding of my home exercise program, because it was taught to me exactly where I need to perform it.” - Achieva Rehab Patient

IN-HOME THERAPY

Health care is moving away from institutions to care in the patient environment. Achieva Rehab is well positioned to help clients immediately as we take advantage of research that shows and recommends that therapy early on in the continuum of care maximizes outcomes.

FUN & GAMES

			4			3	1	
	5							
3	2		9	6		5		
7		3	2			1		
		5				8		
		9			8	3	4	
		8		1	3		5	6
							1	
4	1			8				

<http://1sudoku.com>

n° 315994 - Level Hard

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

ABOUT US

With Achieva Rehab, patients are able to perform **60 MINUTES OF** therapy in a stress-free environment with one-on-one attention, making sessions more focused and intensive. You simply don't get that in a therapy clinic.

ONE PATIENT, ONE THERAPIST, ONE FOCUS.

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