

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter



KNEE & HIP PAIN?

Physical Therapy Can Help Relieve Your 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 Innovative Physical Therapy Solutions, our team of physical therapists is dedicated to helping you find solutions that work!

INSIDE:

Women's Health

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

[REVIEW US](#)

Quote of The Month:

"Life is like riding a bicycle. To keep your balance, you must keep moving."

– Albert Einstein



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 Innovative Physical Therapy Solutions, our physical 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 Hip And Knee 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.

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

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

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.

Continued inside.

CALL TODAY!

(315) 786-0655

www.innovativeptsolutions.com

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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Continued from previous page.

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

Arthritis: Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.

Tendonitis: Repetitive stress and overuse type injuries are more common with tendon-related pains.

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 physical therapist can identify what is causing your pain and help clarify what your next steps should be.

Effective Solutions for Your Knees & Hips

Our licensed physical therapists are movement experts. They 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.



[REQUEST FREE CONSULT](#)

What To Expect In Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical 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 Innovative Physical Therapy Solutions to schedule an appointment. We offer the results you are looking for!

WOMEN'S HEALTH



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If you are a woman suffering from occasional or chronic pelvic pain, physical therapy can help. Pelvic pain can occur for a vast number of reasons, and a certain pelvic therapy known as "pelvic floor rehabilitation" can help reduce or eliminate the pain and symptoms you are experiencing. If your pain is limiting you from living your daily life, contact Innovative Physical Therapy Solutions today to schedule a free consult with one of our qualified Watertown, NY physical therapists!

Some of the most common pelvic conditions that our physical therapists treat include:

- Postpartum Pelvic Pain
- Pain Following Abdominal Surgery
- Endometriosis
- Urinary Frequency or Leakage
- Constipation

To find out more [CLICK HERE](#) to visit our Women's Health page.

Ready to take back your life? [CLICK HERE](#) to request your Free Consult and get started!



Get started on your path toward recovery and relief!

5 STAR REVIEWS

"Great experience with pelvic floor PT with Ashley! She was very accommodating with virtual appointments and me bringing my infant and toddler for in person visits! Definitely would recommend!" – Claire

"I had a great experience with the whole team. From scheduling my initial appointment to the care I received at every appointment. **Innovative Physical Therapy helped me when I had a hard time finding pelvic floor therapy elsewhere.**" – Danielle

"You guys attacked my hip issues from different angles and that gave me the confidence to attack my rehab a lot harder. Thank you." – Cam

Share your success story!
Click below to leave us a review.

LEAVE US A REVIEW

Exercise To Help With Pain

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

HEEL RAISE

Stand holding onto a chair for support. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 6-10 times throughout the day.



Try this exercise to strengthen calf muscles and relieve knee pain.

Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

(315) 786-0655
CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 7/30/23



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