



PHYSICAL THERAPY, PC

Orthopaedic & Sports Rehabilitation

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About Us

Happy May to all! Seems like only yesterday when we were out shoveling 2 feet of snow. Whether we are shoveling/snowblowing (thankfully not in the near future!), biking, jogging, or walking, make sure you don't overdo it. For those of you just starting an exercise routine, go slow, and modify as you build up.

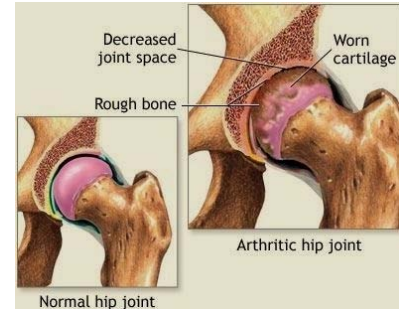
You can learn a lot if you just listen. Throughout the years and countless conversations with health care professionals and their patients, I've learned a lot about what the community really wants from a physical therapy center. I'm proud to say I've built Wilderman and Associates Physical Therapy, PC around the community's need.

Wilderman and Associates Physical Therapy, PC combines progressive treatment plans with "old-fashioned" patient care. As a

Hip Arthritis: There's Nothing Hip About It

Hip arthritis generally results from osteoarthritis, or "wear-and-tear" arthritis. In a nutshell, osteoarthritis progressively wears away the cartilage of the joint it affects. Without cartilage in the joint to make movements smoother, the hip bones begin to grind and cause pain. Hip arthritis is typically found in individuals who are:

- Over 50 years old
- Overweight – in fact, weight loss has a tendency to lessen the symptoms of hip arthritis.
- Genetics - if the condition runs in your family, your chances of developing it are much greater.
- Trauma – injuries to the hip, including fractures, can increase risk.



There's no way to tell for sure who will develop hip arthritis, but there are a few measures you can take to avoid this debilitating condition:

- Lose weight. More weight = more compression on all joints. Weight loss can dramatically decrease symptoms. Seek the help of your physical therapist or exercise professional. We can teach you exercises to better distribute the pressure on your joints from everyday movements.
- Modify your activities. Limit activities that are painful. Continue with ones that are not. Aquatic exercise is a great option to perform exercises without increasing joint compression. Use walking aids. We can show you the right way to use a cane/crutch to help alleviate your pain.
- Ask your doctor about trying anti-inflammatory medications.
- In severe cases, you may need to talk to your doctor about hip replacement surgery.

As soon as you start feeling the symptoms of hip arthritis, including limited range of motion, joint stiffness, and pain in the hip area, see your doctor. If you receive a diagnosis of hip arthritis, following the steps outlined above. The goal is to avoid a hip replacement surgery, which should always be your last resort. Our well trained staff will help you make the most of your condition so you can carry out your day to day activities with less pain.

Becoming a Couch Potato Won't Save Your Hip

It's a common misconception that less activity (being sedentary) will "save" your hip from further decay. On the contrary, medical experts recommend that you remain as active as your comfort level will allow. You certainly don't want to force activities that will result in more pain down the road.

If you or a loved one have any hip discomfort, it is IMPERATIVE that you consult our staff right away for recommendations on exercises and activities that will be right for your condition.

The Importance of Heat and Stretching

Before exercising, use heat to loosen the muscles in preparation for stretching exercises. The best method is a warm shower or bath for 10-15 minutes. You can also use a heating pad or a towel warmed in the microwave, but remember, warm heat gets into the joint better than dry heat! Then, STRETCH daily!. Some common stretching we recommend include:

physical therapist, I am committed to a comprehensive approach to recovery utilizing the latest techniques and state-of-the-art equipment. Whatever the need: return to work, back to sports, relief of nagging neck and back pain; whatever the challenge, we at Wilderman and Associates Physical Therapy, PC will rise to help our patients meet it.

And because Wilderman and Associates Physical Therapy, PC is privately owned and operated, each patient receives personalized care and is treated by the same therapist each visit. We offer immediate appointments, because we want to get our patients back on the road to recovery as soon as possible.

Best of all, we want your suggestions on how we can make our practice even better. Get your wish list ready, because at Wilderman and Associates Physical Therapy, PC we're all ears and ready to listen.

Sincerely,
David A. Wilderman, PT, DPT,
MS
Owner

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- Knee-to-chest pulls. Start in a comfortable position lying on your back with knees bent and feet flat on the floor. Bring one knee to your chest and hold it with your hands for 10 seconds. Do not bounce. Lower your leg and repeat the process with the other leg. Repeat the sequence 5 times.
- Hamstring stretch. Lie on your back in a doorway, with one leg through the open door. Slide your leg up the wall to straighten your knee. You should feel a gentle stretch down the back of your leg. Hold it for 10 seconds. Be careful to not arch your back, or bend either knee. Remember to keep one heel touching the floor and the other heel touching the wall. Do not point your toes. Repeat with your other leg.



Physical therapy is a critical step in the management of pain associated with hip arthritis. We will work with you to create a treatment plan that includes exercise and other specialized techniques to relieve your pain.

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