

The Newsletter About Your Health And Caring For Your Body

“Wish You Could Move Freely & Walk Farther?”



Put the Spring Back in Your Step

Do you find it harder to walk, run or exercise? Is hip, knee or leg pain keeping you from being active? If so, understanding how your body walks and moves can be the key to putting the spring back in your step.

Think of your body as a big spring that stores and releases energy with every step. The efficiency of your walk comes from the effectiveness of your flexibility, strength and balance. When any one of these is off, it affects your ability to walk efficiently and takes a lot of energy. This results in strain to different joints and makes muscles work much harder than they need to. This leads to possible pain in the back, hips and knees. It also causes fatigue after walking, even for a little while. If you are experiencing pain again after therapy, it might be because muscles or joints have tightened or become weak again.

Knee pain can occur suddenly for no apparent reason or develop slowly, as the result of repetitive trauma. Knee pain occurs in different parts of the knee, depending on what structures in the knee are involved. At iMotion we can help to alleviate knee pain to help you move freely.



The Remedy

The simple solution is to put the spring back in your step. This is accomplished by first analyzing how you walk. There are slight changes in the way that you walk and move, that our trained medical experts can pick up on. This analysis tells us just what joints or muscles are stiff, stuck or weak. By pinpointing the exact areas of your body that are not moving as they should, we can make a plan to increase motion, strength and improve coordination.

Our expert physical therapists at iMotion Physical Therapy, understand the complexities of hip movement and function. We examine your walking, movement, range of motion, strength and coordination. Our evaluations enable us to pinpoint the source of your pain and to develop a series of manual therapies and exercises to reduce your pain and restore normal function. We help patients of all ages recover from knee surgery and also prevent surgery if possible. If you had knee surgery, including total knee replacement, come in for treatments for a proper recovery that will get you back to peak performance quickly. Call us today to learn more!



Performing at Your Best

Whether you are just out for a walk or an avid athlete, we can help you walk, run and play better. With our motion analysis, strength testing, coordination testing and more, we can spot your muscles and joints that need flexibility, strength or coordination. A specific training and treatment plan is then put together to help you reach your peak movement with the least effort.

Discover how our Spine Program transforms your back pain from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life.

Patient Spotlight

I can climb stairs again!

Success Story: -Kimi R.

“Before coming to iMotion I couldn’t stand for long periods of time, could not walk stairs, and could not straighten my leg. After iMotion Physical Therapy, I can now stand longer, and have little pain. I am also now able to climb stairs.”

CALL FOR AN APPOINTMENT TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777

www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Special Offer

Do you have pain from a nagging injury?

Do you suffer with any of the following symptoms?

- Pain after walking or running
- Swelling in your knees or ankles
- A limp that won't go away
- Trouble sleeping because of shoulder pain

If you have answered "Yes" to any of the questions, we can help.

Mention or Bring in This Coupon Today For a

FREE Injury Pain Screening

Call today to talk to one of our physical
therapy specialists



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Exercise Essentials

Try this simple exercise to keep you moving...

The exercises below are designed to be performed under the instruction of a licensed physical therapist.

SINGLE LEG STANCE FORWARD

Stand on one leg and maintain your balance. Next, hold your leg out in front of your body for 10 seconds. Return to original position. Then switch and repeat 6 times. Maintain a slightly bent knee on the stance side.



Exercises copyright of



The above exercise is designed to be performed under the instruction of a licensed physical therapist

Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle



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- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

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