

## Who Wants to Walk AGAIN Without Pain?

Your ability to walk is an amazing and very complicated system of muscles, nerves and joints working in harmony. If you suffer from back, hip, knee or leg pain the normal movement of this complicated system has been affected in one way or another.

### **Knee and Hip Pain**


Knee or hip pain can occur for many reasons, but it is due to a mechanical problem, meaning that the joint and muscles supporting it are not functioning properly. Even though a person has arthritis in their joint, it doesn't mean that they will have pain from it. Only when the joint doesn't move properly and pressures increase above normal, does pain and inflammation begin.

Many knee problems come from poor tracking of the kneecap. The kneecap has to move up and down in a groove of the femur bone when you bend your knee. The kneecap gets its cushioning and support from fat pads that sit right underneath it. When the tissue around the kneecap becomes tighter, the kneecap presses into the fat pads, making them irritated and thicker over time. This affects the normal flow of joint fluid around the inside of the knee, drying out the lubrication of the knee over time, causing a downward spiral of friction and pain.



# A Simple Solution

An easy way to relieve knee pain is to actually ensure that normal kneecap motion is restored. Our physical therapy experts evaluate the true cause of your knee pain, treat the movement problem and restore the normal strength around the knee. We have years of training to analyze the movement of your body and pinpoint the source of your problem. This allows for accurate treatment without the need for elaborate and expensive testing. Ultimately, your knee pain will be relieved quickly and your ability to walk, run and squat restored! In addition, we work closely with your physician and if you have had surgery, help you have a fast recovery.



**Call us today to  
learn more about  
being pain free.**

[www.imotionpt.com](http://www.imotionpt.com)

## Now is the time for resolutions

What will be your resolutions in 2017? Here are a couple ideas to get you started...

**1. Be purposeful in everything you do. Strive for purpose in your daily activities.**

**2. Resolve not to be mediocre, even in how you eat.** If you need help eating in a way that will benefit your health in the long run contact us and we can provide a plan that is right for you.

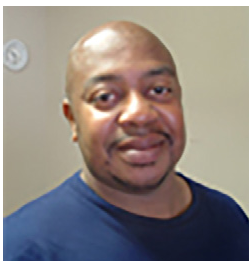
**3. Schedule exercise and stretching.** It can be difficult to schedule exercise unless time is pre-committed. If you need help with exercise or if you have pain that is holding you back, contact us at iMotion Physical Therapy and we can help you meet this resolution.

What are the things you want to resolve to do or not do in 2017? Write them down!

# Patient Spotlight

## ***I am able to sleep!***

### *Success Story: - E.G*



When I first came to this clinic I was scared and in a lot of pain. My first visit, my therapist was able to tell me what was wrong and what needs to be done. I had a bad knee sprain which caused a lot of limping and pain. Within 10 visits the people at iMotion had me walking normal again with minimal to no pain. I can kneel, bend, squat, stretch and stand up with no problem. For that I am very grateful."

**CALL FOR AN APPOINTMENT TODAY!**

**Fremont: 510-745-7700**

**Los Gatos: 408-637-4777**

[www.imotionpt.com](http://www.imotionpt.com)

### **Attention Pain Sufferers**

- **Do you have pain when moving or standing for long periods of time?**
- **Does you experience pain after sitting for long periods of time?**
- **Do you experience stiff joints?**

**Get out of pain naturally and learn how to keep it from coming back!**

**Move Freely, Be Stronger & Alleviate  
Pain Naturally. Find Out How With A**

**FREE PAIN RELIEF**

**Analysis**



**Fremont Location: 510-745-7700  
Los Gatos Location: 408-637-4777**

Offer valid for the first 25 people to schedule. Expires 1-30-17.

# Injury Tips

## Do it Yourself Ice Packs

2 Different Methods

1. (3) parts water to (1) part rubbing alcohol. This is recommended by physical therapists, it is cheap, it works perfectly, stays flexible, least mess if there is a leak, and really inexpensive.

2. (2) parts liquid dish soap to (1) part rubbing alcohol. This stays a little more flexible than plain liquid dish soap, but otherwise it is the same.

To minimize the risk of leaking after repeated uses, make sure to double bag them in sturdy freezer bags with a double lock seal just to be sure. If you have a vacuum bag sealer, this is the perfect use for it.



## Physical Therapists Are The Mechanics Of Your Body!

Minor aches and pains are warning signals from your body to let you know something is not working properly. Don't put off the pain until it's too late. **Come in today for a "Tune-Up."**

**Take Care of Your Aches and Pains Before It's Too Late.**

  
**iMotion**  
PHYSICAL THERAPY

# 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.

## HAMSTRING STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold for 10 seconds and then repeat 6 times on both legs.



Good For Knee Stiffness

Exercises copyright of



SimpleSet Pro

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## 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

  
**iMotion**  
PHYSICAL THERAPY

**REFERRAL  
HOTLINE  
510-745-7700**



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14981 National Ave, Suite 5  
Los Gatos, CA 95032  
Phone: 408-637-4777  
Fax: 408-413-1317



Pratik Shah, PT



Sweety Shah, PT

## Why Choose iMotion PT?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

[www.imotionpt.com](http://www.imotionpt.com)