



**3 Powerful Steps to  
Stronger Hips and Knees**

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# 3 Powerful Steps to Stronger Hips and Knees

## Start A New Year Pain-Free!

For many people, knee pain can be a way of life, limiting their ability to climb stairs, squat down to get something off the floor, enjoy long walks, shopping, and a host of other daily activities. The knee joint is one of the most complicated joints in the body and has to bear up to 6 times your body weight with running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, causing injury and pain.

Just like taking care of your heart, your joints need attention to maintain a healthy state. Here are easy ways for you to take care of your knees, avoiding arthritis and other joint problems:

- 1. Stretch your hamstrings, quadriceps and adductor muscles each day.** By keeping these muscles flexible, the forces on your knee joints can be balanced, allowing your joint to bend, rotate, and for your patella (kneecap) to track properly.
- 2. Keep the muscles around your hips and knees strong.** Especially the gluteals and quadriceps muscles. Studies show that those adults, especially those over 55 who have stronger gluteals and quadriceps, tend to have less back pain and more ability to do daily activities.

**3. Exercise regularly.** While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires nutrition from the joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight-bearing exercises such as walking, running, and other sports. However, if you have arthritis, it is advised to do more low-impact activities such as biking, elliptical machines, aquatic exercises, etc.

Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important. **The VCM Bi-Annual FREE Screening Day is coming up soon - Wednesday, March 3rd.** Call 508-687-9800 or visit [www.vcmpt.com/](http://www.vcmpt.com/) upcoming-events so you can #MoveBetter #FeelBetter #LiveBetter #vcmpt



**SEE INSIDE FOR DETAILS ON OUR UPCOMING BI-ANNUAL FREE SCREENING DAY - MARCH 3RD!**

Visit [www.vcmpt.com](http://www.vcmpt.com) to schedule an appointment at Vineyard Complementary Medicine.



# Improving Sports Performance

With an increased sedentary Covid lifestyle, athletes must remember to do something every day - even for just a few minutes. Start slowly, warm-up, and stretch actively, use your coach's preseason training guide and stick with the schedule so you will be in optimal performance mode. If you have pain with any warm-up or sport-specific activity consult with your athletic trainer and consider a FREE sports or pain-free movement at Vineyard Complementary Medicine. (See blue box to the right.)

Whether you are a high school athlete or personally exercise for fun, improving your body's ability to exercise is a good challenge. While there are many different ways to train for your particular sport, including nutrition, we are going to focus on improving your joint performance and stability. This will allow you to run longer, cut faster, and throw better.

## JOINT STABILITY

Joints need to be flexible in order to move through their proper range and allow muscles to pull correctly. For many people who are runners, stretching must be done every day to maintain muscle and tissue elasticity. Dynamic stretching is often best where the stretch is done in a moving fashion, such as in Yoga. This is different from a prolonged stretch.

## JOINT FLEXIBILITY

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## JOINT STRENGTH

Incorporate strengthening exercises into your sports routines. This is especially important for runners and weekend warriors. A little strengthening exercising can go a long way to prevent sports injuries and soreness. The stronger your muscles are around your joints, the better ability you have to play and avoid injury.

## JOINT COORDINATION

You have an inherent sense of where your joints are in space (proprioception) and how they are moving in space (kinesthetic sense). This allows your brain to coordinate the muscle movements around your joints. By improving your balance and coordination with specific exercises, you greatly reduce the chance of injury and will enhance your sports performance.

**To enhance your ability to run or play your favorite sport without injury, call us today at 508-693-3800 to schedule a free consultation.**

## Exercise Essentials *Build Strength In Minutes!*

### THE PERFECT WALL SIT

- Place your back firmly against the wall.
- Be sure your stomach is core tight.
- Make sure your knees and hips are at a 90-degree angle.
- Your feet should be flat and shoulders width apart.
- Hold the position for 10 seconds - then work your way up to a one-minute hold. Be sure to keep the 6 B's in mind (Bottom, Belly, Box, Blades, Bobble, Breathe!)



**Get up and get moving! Contact us today to find out how you can get started!**

**www.vcmpt.com • 508.693.3800 •    **

# Staff Spotlight

- Patricia Vaidulas has joined our staff as an additional acupuncturist.
- Brittney Moreis has departed to complete a hand therapy fellowship in Pennsylvania.
- Rose Davies has completed her clinical rotation at VCM, under the supervision of Clinical Instructor, Scotty Savoie.
- Susie Radcliffe and Susan Sanford have completed the McKenzie Program - Mechanical Diagnosis and Treatment of Cervical Spine Disorders.

## THE BI-ANNUAL VCM FREE PAIN-FREE MOVEMENT SCREENING DAY WEDNESDAY, MARCH 3rd

All FREE Screenings are Covid  
Compliant and can be done  
In-Person or by TeleHealth

Chose the best screening to fit your need:

1. Pain Free Movement and Injury Screening
2. Student Scoliosis Prevention and Posture Assessment
3. Athlete Functional Movement Screening
4. Ergonomic Home and Office Workspace Assessment

This is a FREE 20 minute consultation. You will get a comprehensive report and a recommended care plan. Just choose the screening that best fit your current need and contact us for an appointment.

Then visit [www.vcmpt.com/events](http://www.vcmpt.com/events)  
to secure your appointment.

## Patient Success Spotlight

*"Before Physical Therapy I was struggling to be more active. I now look forward to my visits. Riding the bike for warm-up seems to be quite helpful. Having both knee and hip replacement issues - first helped by Angela and now Susie - has been incredibly helpful in making it easier to get around and more capable of living a 'normal' life."*

— Julie Tholander



## Upcoming VCM Clinics

Please visit [vcmpt.com/upcoming-events](http://vcmpt.com/upcoming-events)  
to reserve all clinic appointments.

### • FREE Covid compliant in-person or Telehealth screenings:

1. Pain-Free Movement and Injury Screening
2. Student Scoliosis Prevention and Posture Assessments
3. Athlete Functional Movement Screenings
4. Workspace Home and Office Ergonomic Assessment

You will get a comprehensive report and a recommended care plan during this FREE 20-minute consultation. Just choose which fits your needs and contact us for an appointment. Wednesdays starting at 2:30 OR see the details on the left about our FREE Physical Therapy Check-Up Day on March 3rd.

### • WEEKLY EAR ACUPUNCTURE CLINIC - Monday 6:00pm -7:00pm

The 5-Point National Acupuncture Detox Association Protocol helps many issues including relief from stress and anxiety, aids in detox from alcohol, drugs, sugar, tobacco, provide pain reduction, and much more. \$22 online credit card payment OR \$20 cash/check at the door. Online reservations required to hold your space.



- Feb 4th | **Idle Athletes: Pre-Season Prep to Get Back to Competitive Play**
- Feb 11th | **Home Gym: Using Therabands for Back and Biceps**
- Feb 18th | **Home Gym: Using Therabands for Chest and Triceps**
- Feb 25th | **Home Gym: Using Therabands for Legs**

Can't Join Us Live? You'll find all videos on our VCM YouTube Channel!



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