



# Hip & Knee Pain



## **HIP PAIN:**

A hip injury is one of the most serious injuries a person can suffer through and one that can lead to long-term health problems if not addressed correctly. Your Physiotherapist will work with you to regain the stability needed in the hip for balance and walking. Your Physiotherapist will spend the time with you to fully assess the origin of your hip pain and investigate whether it is a hip joint, muscular, nerve or biomechanics issue. Only after a thorough hip assessment, can your hip pain be effectively rehabilitated to relieve your current pain and joint dysfunction.

## **KNEE PAIN:**

The knee is a sensitive area of your body and one that is prone to injury doing almost any activity. Knee pain is a common complaint that affects people of all ages. A few reasons one may be experiencing knee pain may include:

- a sudden increase in one's training or activity schedule
- a new sport or activity
- a change in footwear
- improper training technique, or muscle imbalances and/or alignment issues.

At Work-Fit Total Therapy Centre, we will assess your Hip or Knee, diagnose the problem and determine your personalized treatment protocol. We will develop a personalized and comprehensive treatment regimen to get results and prevent future occurrences. Generally speaking, hip or knee pain should not be regarded as an enemy, but as an important warning sign. The pain sends a signal that something is not quite in order in the knee. And this often allows people to get help in time to correct the problem.

*Call us today to begin your treatments to better health.  
May be covered by your extended health insurance plan.*



**Oakville Hospital**  
3001 Hospital Gate  
Oakville, ON L6M 0L8  
T: 905.845.9540

**Milton Hospital**  
7030 Derry Road  
Milton, ON L9T 7H6  
T: 905.876.7007

**Georgetown Hospital**  
1 Princess Anne Drive  
Georgetown, ON L7G 2B8  
T: 905.873.4598

**WorkfitPhysiotherapy.ca**

A Hospital Program. All net proceeds support hospital programs.