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**SAY "HELLOAGAIN" TO**  
*Pain Free Hips & Knees*



## SAY "HELLO AGAIN" TO *Pain Free Hips & Knees*

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at ProTailored Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

### COMMON CAUSES OF HIP, KNEE AND LEG PAIN

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains

- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

### WHAT DO MY SYMPTOMS MEAN?

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

*Continued inside.*

# RECLAIM YOUR HEALTHY LIFESTYLE!

*Continued from outside.*



Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

## CALL OUR CLINIC TODAY

Visit a physical therapist for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of hip and/or knee injuries, pain or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

**DON'T SUFFER FROM HIP OR KNEE PAIN ANY LONGER. CONTACT ONE OF OUR CLINICS TO SCHEDULE AN APPOINTMENT TODAY!**

## PRACTICE NEWS

### OUR 3RD LOCATION IS NOW OPEN!

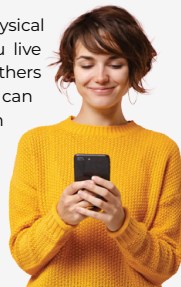


## SHARE THE BENEFITS OF PROTAILORED PHYSICAL THERAPY

**CENTRAL FORT WAYNE**  
4011 W JEFFERSON BLVD • STE 175  
FORT WAYNE, IN 46804



Has ProTailored Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



# LASER THERAPY SPECIAL

# STAFF SPOTLIGHT



ALL OF OUR LASER PACKAGES ARE  
10% OFF FOR DADS IN YOUR LIFE!

*This special promo is available for the whole month of June.*

## SUCCESS STORIES

***“I love this place!”***

“I love this place! Everyone here is very professional and skilled in the art of physical therapy. They provide one on one sessions for privacy. The therapists genuinely care about their patients, and they’ll do whatever it takes to get you feeling and moving better **-B.**”



### Dr. Matthew Paul

Dr. Matt Paul has lived off and on in Albion and graduated from Central Noble High School, where he played varsity tennis and was a manager for the women's team. Since then, he's lived in 15 states and earned his Bachelor's from Mississippi College and Doctorate in Physical Therapy from Southwest Baptist University in Missouri. During graduate school, Matt worked at a Christian summer camp in Arkansas and with a medical mission team in El Salvador. In his free time, Matt enjoys traveling, hiking, playing tennis, and eating “lobstah” at his family's homestead in Maine..



**COME BACK  
TO PT!**



— CALL TODAY —

**1 (260) 235-5967**

