



HEALTHY RECIPE

BAKED  
FALAFEL

RECIPE INSIDE



# KICK YOUR KNEE AND HIP PAINS TO THE CURB!

[Request Appointment](#)

**Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.**

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Sterling Physical Therapy & Wellness today for relief!

## CORRECTING YOUR KNEE AND HIP PAINS WITH PT TREATMENTS

At Sterling Physical Therapy & Wellness, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team 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 are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

*Continued inside.*

# KICK YOUR KNEE AND HIP PAINS TO THE CURB!



## ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation — these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause you pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.



- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.

- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to

one side, you probably have hip weakness on that side or limited motion in the hip joint.

- Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

**As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Sterling Physical Therapy & Wellness, we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact Sterling Physical Therapy & Wellness to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!**

[Request Appointment](#)

## HEALTHY RECIPE

### BAKED FALAFEL

#### INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil

**DIRECTIONS:** Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!



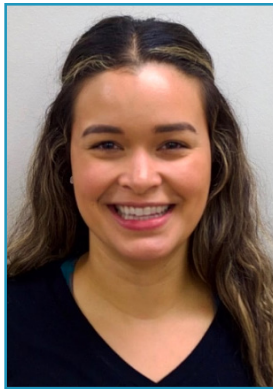




## STAFF SPOTLIGHT

### Dr. Vanesa Sierra

Dr. Sierra has a diverse amount of clinical experience and in-field experience, with a proven capability to treat young infants and children with functional impairments, as well as orthopedic conditions of all ages. Equipped with a Doctor of Physical Therapy (DPT) degree from Texas Tech University Health Sciences Center, Dr. Sierra is a proactive individual who strives to exceed expectations. She was excited to join SPTW to reach greater peaks, seek growth opportunities and access to working with the adult and geriatric population. With excellent organizational skills, careful attention to detail, and an ability to work with diligence and accuracy, Dr. Sierra is a valuable asset to our team. Dr. Sierra is happily married and enjoys working with her husband in a home renovation business and she also dabbles in Real Estate.



## PATIENT SPOTLIGHT

**"They are the best in physical therapy!** My doctor told me surgery was my only option. Before I went through with the procedure, I tried Sterling Physical Therapy first. It was the best decision. I am healed without having the surgery. I strongly recommend it!" — Actual 5-Star Review

See more success stories from our patients by clicking below.

[Patient Testimonials](#)

Have a PT success story you want to share? Click below to leave a review.

[Review Sterling PT](#)

## EXERCISE TO TRY AT HOME

### WALL SQUATS

Start by standing with your back against a wall and your feet shoulder width apart, placed slightly farther away from the wall. Slowly lower your body down the wall, digging your heels into the ground until your knees are at about a 90-degree angle. Then, press through your heels to raise your body back up the wall. Repeat 10 times.



## 3 Locations to Serve You!

### SUGAR LAND

1449 Hwy 6  
Suite 260  
Sugar Land, TX 77478

### BELLAIRE

5101 Bellaire Blvd.  
Suite 265  
Bellaire, TX 77401

### STAFFORD

12603 Southwest Freeway, Suite 602  
Stafford, TX 77477

[Request Appointment](#)

## COME BACK TO PT!

Are you in pain? Are you suffering from an injury? Do you want to become healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to Sterling Physical Therapy. We are here for you. Call for an appointment today and start your journey to a healthier, happier, more active life.

SUGAR LAND | BELLAIRE | STAFFORD

**281.240.3140**

# MEDICAL *Massage* THERAPY



## *30-minute Massages*

These services are designed to promote overall wellness and reduce stress, tension and muscle pain.

30 minutes - \$60

## *60-minute Massages*

Massage technique that uses long strokes, kneading, and circular movements to help relax and energize the body.

60 minutes - \$120

## *3 Month Membership*

- Includes two 30-minute massages or a one-hour massage monthly.
- Unused monthly massages roll over with an expiration date of three months.
- Additional one-hour massage within a month are \$99 each.
- One month advanced notice required to cancel membership or an auto 3-month renewal membership will process.

\$89.99 per month  
(auto draft monthly)

# RELAX & REVIVE

Call Today To Schedule  
(281) 240-3140

SUGAR LAND CLINIC  
1449 HWY 6, STE 260  
SUGAR LAND, TX 77478

BELLAIRE CLINIC  
5101 BELLAIRE BLVD, STE 265  
BELLAIRE, TX 77401