

January 2023 – Newsletter

## HAPPY HOLIDAYS! HAPPY NEW YEAR!

It's a wonderful time of year, and it's almost over, but as I write this newsletter we are still enjoying this happy season that is filled with holiday's that celebrate the positive aspects of life. Whether you celebrate Christmas, Hanukkah, or Kwanzaa, there is beauty in the celebration that would be excellent to be shared with everyone.

This is also a very busy time of year, so this month's newsletter will be short so you can get back to your festivities.

## KNEE PAIN

There are several muscles that can cause knee pain and limit range-of-motion, including one that is a surprise for most people – a muscle in your hip!



Tensor Fasciae Latae

The tensor fasciae latae (TFL) muscle is on the outside of your hip and merges into a long tendon called the iliotibial band (ITB). It then goes down your upper leg and inserts into the outside of your knee joint, just below the bend in your knee.

The ITB is familiar to most runners, and many of them have a misconception about the tendon and how to treat it.

## HOW THE TFL WORKS TO SUPPORT YOUR KNEE

As you look at the graphic, consider how the muscle at your hip pulls up on the tendon that inserts into your knee. When the muscle contracts it pulls up on the tendon and supports your knee, so it doesn't collapse as you stand on one leg. You are standing on one leg with every step you take, so you can see how this muscle is easily repetitively strained. And if you are a runner, you double that strain.

The strain can become so intense that you have pain every time you take a step it feels like someone is hitting the outside of your knee with a rubber mallet.

## AN EASY SELF-TREATMENT

Fortunately, it's easy to self-treat this muscle.

Simply take a ball, such as the *Perfect Ball* that is on [www.JulstroMethod.com](http://www.JulstroMethod.com), and lean into a wall. When you find a tender point, stay on it. Increase the pressure as the pain diminishes. **G, please link the Perfect Ball to <https://julstromethod.com/product/perfect-ball-deep-muscle-massage/>**

You can find pictures and more information about this treatment, and self-treatments for the entire body, by looking in either *Treat Yourself to Pain-Free Living* or *The Pain-Free Athlete*. **Garrima, please link each book to the shopping cart: <https://julstromethod.com/product/pain-free-living-book/> and <https://julstromethod.com/product/pain-free-athlete-book>**

**NEXT MONTH: WHAT PILLOW HELPS PREVENT/ELIMINATE NECK PAIN?**

Have a wonderful holiday season!

Wishing you well,

*Julie*