

JULY, 2021



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

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Independence Day

Fourth of July

GET OUT & MOVING WITHOUT LOW BACK, HIP & KNEE ARTHRITIS PAIN

INSIDE:

- Arthritis And Physical Therapy
- Patient Success Spotlight
- Exercise To Do At Home
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RELIEVING LOW BACK, HIP & KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly? Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The

most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis? Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation. [Discover how our team of specialists at FYZICAL can get you moving pain-free again!](#)

ARTHRITIS AND PHYSICAL THERAPY

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! **Go online or call us to schedule an appointment today.**



Source: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>

<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>

<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>

<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

CONTACT US AT (703) 368-7343

ANSWER TO HIDDEN GAME: Popsicle Under "What Are The Benefits Of Aquatic Therapy?" Article

GREEK PASTA SALAD

INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta

DIRECTIONS

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>



Exercise To Do At Home

Strengthens glutes

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.



CHALLENGE YOUR MIND FIND THE HIDDEN POPSICLE

Cool off and challenge your mind for Independence Day! Search for the red, white, and blue popsicle placed in this newsletter. Check under the "Arthritis and Physical Therapy" article for the answer.



PATIENT SUCCESS SPOTLIGHT

" I have ridden and competed on horses since I was 5 years old. Since 2001 I have been barrel racing at a national level quite successfully. My older show stallion started suffering from his poor conditioning and I thought he was going to have to be retired. But, with the help of FYZICAL staff, I started working on building a solid conditioning program for myself at home to augment my ongoing PT. I was shown no less than 20 different exercises to build both balance and strength to the muscle groups supporting the spasming and painful areas. Alenka and Gin both took exceptional interest in helping me get back into riding condition. I invested in the straps, bands, balance balls, and weights so I could create a mini-FYZICAL at home. In April 2020 I asked Gin if we could add dry needling (acupuncture) to my PT. We did. And that is what turned the tide completely! Two sessions of the dry needling and I started to have no spasms, little pain, and riding became wholly comfortable. If my back was a little tight or painful, riding would relieve the pain. That is what I consider a complete success! All of the staff at FYZICAL is wonderful to work with. I never had a bad visit. I have recommended them to my husband for his knees and a friend who had a horse accident and will continue to recommend them to anyone needing PT for small healing or large. " - **Lorie S.**



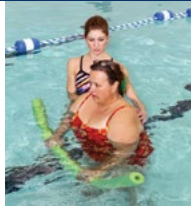
Schedule an appointment today! **703-368-7343**

WHAT ARE THE BENEFITS OF AQUATIC THERAPY?

SCHEDULE AN APPOINTMENT FOR AQUATIC THERAPY AT FYZICAL!

Aside from alleviating pain and speeding recovery, aquatic therapy has a number of other benefits, as well, including:

- **Begin Recovery Sooner:** Aquatic therapy allows patients to begin therapy sooner than land-based therapy allows.
- **Less Joint Stress:** Aquatic therapy allows for walking, running, and various movement activities without full weight-bearing.
- **Maximize Movement:** The resistance of the water allows patients to maximize each and every movement in a nearly pain-free environment. This also gives patients a great aerobic workout.
- **Hydrostatic Pressure:** The hydrostatic pressure of the water allows for decreasing edema in the extremities.
- **Relaxation:** Aquatic therapy decreases muscle tension and allows for a better relaxation response. And so much more!



Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!

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