



RELIEVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

LEVEL UP YOUR HEALTH!

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NEED A HAND WITH ARTHRITIS PAIN RELIEF?

PHYSICAL THERAPY CAN HELP!



Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain. Fortunately, at FYZICAL, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At FYZICAL, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy! Contact us today to schedule a consultation and find out how our services can benefit you!

What are two common types of arthritis? Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the “wear and tear” type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain. When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN



Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain. Treatment plans will include joint mobility exercises, targeted stretches, balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

What to expect at physical therapy. Physical therapy at FYZICAL helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises. Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or

recumbent bicycles or exercise in the water reduce the stress on your joints.

- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.
- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

Call today for an appointment. Call FYZICAL today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer - schedule your consultation today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>
<https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true>
<https://link.springer.com/article/10.1007/s10067-020-05054-y>

CONTACT US!

MATTOON: (217) 335-4197

SULLIVAN: (217) 733-0539

STRAWBERRY SCONES

INGREDIENTS

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
-
- 1/4 cup sugar plus 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder



- 1/4 cup (half stick) frozen butter
- 3/4 cups 1% light buttermilk, cold
- 1 tsp vanilla

DIRECTIONS

Preheat the oven to 400°F. Measure out ¼ cup of sugar and remove 1 tsp. Mix strawberries with 1 tbsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Do not over work the dough. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet. Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.

Recipe: <https://www.skinnytaste.com/low-fat-strawberry-scones/>

TELL US HOW WE DID!

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1. Open the camera on your smart phone
2. Center the desired QR code in the frame

(this will take you directly to our Google Review page)

3. You will see one of two screens:
 - One will allow you to give a rating and write the review as usual
 - The other will ask you to sign in
4. If you see the second screen asking you to sign in, click "Create Account"
5. Then click "Use my current email address instead"
6. Tell us how we did!



Mattoon Office



Sullivan Office

PATIENT SUCCESS SPOTLIGHT

“When I came I struggled to be able to walk, run, and bend my left leg. When I came for my first appointment we got straight to work because I was on a deadline to get back to full health. After a month and half of constant work, my knee is stronger than before and I owe the staff so much.”

— Hayden L.



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

What happened to summer? It is flying by. I did not think it was going to get here and now it looks as if all those things I wanted to get done are piling up because there is not enough time. One of the things in my pond. It started behind due to all the rain we had this past Spring. Then I got caught up and then as steady warmer weather came, I was behind. It is still on my constant “To Do” list.

My kids are all busy with their lives. Dan recovered from his broken elbow and hopefully still doing his exercises to gain full strength. Just like the rest of us, he has more ‘square’ to-its and not getting enough “round” to-its. Emily is still learning things in her job at In-Home PT. She gets to travel a lot and there is more paperwork than hands-on. Sidney has not moved back into our house. (Maybe it is because I locked the door.) She still has lots of stuff in our house that needs to be moved out or thrown out. Keegan is now into the internship rotations of Medical School. This will give him a real-life experience in the different fields like Family Practice. Ob-Gyn, Neurology, etc so he can decide what area to specialize in.

With gas prices up there more people are biking. Keep the following in mind 1) hydration – drink plenty of water 2) ride in the early part of the day or evening when possible to avoid the excessive heat and sun 3) be kind and watch for others. If you are in a car be aware of cyclists and if you are on the bike be cautious of the non-observant driver. Have a Great Summer!



Exercise To Do At Home

Stretches wrists

WRIST EXTENSION STRETCH

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.

SimpleSet Pro
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

MATTOON:
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SULLIVAN:
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FYZICAL[®]
Therapy & Balance Centers