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Therapy & Balance Centers

NEWSLETTER



Five Myths about Arthritis Pain

(AND ONE THAT MIGHT BE TRUE)

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NEWSLETTER

Five Myths about Arthritis Pain (And One That Might Be True)

Arthritis is a common condition affecting about 20% of the US population.

Despite this fact — or perhaps because of it — myths and misconceptions surrounding arthritis abound. Unfortunately, many of these myths can contribute to more pain and a decreased quality of life for people struggling with the condition.

At FYZICAL, we want to help dispel some of these myths. By understanding the intricacies of arthritis, you can better manage your symptoms and live a full, active life. Keep reading to find out some surprising facts about arthritis. And if you'd like to learn more about the role of physical therapy in arthritis management, call our clinic to schedule an appointment today!



EXERCISE YOUR BRAIN

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ELLIE'S EDITORIAL



Every day at the clinic, I watch our amazing therapists help patients work on their balance and stay steady on their feet—something that's super important for preventing falls. Falls can be scary and lead to serious injuries, especially for older humans, and I can tell when someone walks in feeling nervous about moving. But with the right exercises, lots of encouragement, and a little tail wag from me, I see them grow stronger and more confident. The therapists teach them how to move safely—like how to turn without tipping or step over things without stumbling. I might not be the one giving instructions, but I'm always nearby, cheering them on with my paws and my presence. And let me tell you, every stable step they take makes my tail wag a little harder. - Ellie

Five Myths about Arthritis Pain (And One That Might Be True)

Myth 1: There's Only One Type of Arthritis:

We often talk about arthritis as if it's one condition, but the word actually refers to over 100 distinct conditions, all of which cause inflammation in the joints. The most common type of arthritis worldwide is osteoarthritis, a degenerative form primarily affecting older people. Because it's so common, people sometimes use "arthritis" and "osteoarthritis" interchangeably, but they are two distinct terms.

It's important to recognize the different types of arthritis because they can cause slightly different symptoms and complications. For example, rheumatoid arthritis (the second most common form of arthritis) is an autoimmune condition that can cause fatigue and fever alongside painful joints.

Myth 2: All Joint Pain is Some Type of Arthritis:

Actually, there are many reasons why someone might experience joint pain. Overuse injuries, ligament tears, and bursitis can all trigger pain and restricted mobility in your joints. If you're struggling with persistent pain in a joint, your best bet is to schedule an appointment at FYZICAL. Our physical therapists will perform a comprehensive assessment and can let you know for certain what's causing your symptoms.

Myth 3: Arthritis Pain is a Normal Part of Aging:

Because the most common form of arthritis primarily affects older people, many assume that arthritis pain is an inevitable part of growing older. In reality, 53% of adults aged 65 or older haven't been diagnosed with arthritis. Even among people 80 or older, around 43% don't have a diagnosis. Age is certainly connected to arthritis, particularly osteoarthritis, but you have options for preventing its development. Furthermore, developing arthritis doesn't necessarily mean you have to suffer.

Myth 4: There's Nothing You Can Do About Arthritis Pain:

Along with Myth #5, this is one of the biggest myths out there. While it's true the most common types of arthritis have no cure, you can manage your symptoms and delay the condition's progression — all without surgery, too!

Physical therapy is one of your options. We can help you manage your pain through manual therapy and therapeutic exercise. Diet also plays a role; eating a healthy diet rich in fruits, veggies, and whole grains can help minimize joint inflammation.



Myth 5: You Shouldn't Exercise If You Have Arthritis:

Of all the arthritis myths, this is probably the one that has done the most damage. While it might seem logical on the surface, especially if you have osteoarthritis, exercise and movement actually protect you against arthritis pain! Staying active can help prevent arthritis from developing in the first place. But if you've already developed the condition, regular physical activity is essential in reducing your pain and mobility restrictions.

The key is to ensure you perform low-impact activities that don't put too much stress on your joints. The team at FYZICAL can help you find the right exercise program to suit your needs.

Myth 6: Weather Changes Cause Arthritis Pain:

Surprisingly, this myth might have some truth to it. While weather doesn't cause arthritis pain, studies show that some rheumatoid arthritis patients experience slightly increased symptoms in cooler weather.

Separate Truth From Fiction with FYZICAL

Our team is here to help you manage your arthritis pain. We'll let you know what works, what doesn't, and help you find a customized solution that meets your needs.



WORKING OUT WITH ARTHRITIS: TIPS FROM OUR PTS

Now that you know skipping physical activity can worsen arthritis symptoms, you're probably wondering how to keep moving safely. Don't worry: the team at FYZICAL is here to help!

Your first step is to schedule an appointment with us. It's essential that you have a clear idea about which activities you can safely participate in without putting too much pressure on your joints. We can also work with you to strengthen any muscular imbalances and generally get you ready to get moving.

We can also share which activities are suitable for people with arthritis. You want to select low-impact workouts that go easy on the joints. Most importantly, however, whatever you choose should be fun.

Why? Because the more fun you're having, the more likely you are to keep doing it!

Physical Therapist-Approved Exercise Ideas

Once you've been cleared to start a new exercise program, here are some ideas from our PTs to get you started:

- Walking, either outside (preferably on a dirt trail) or inside on a treadmill
- Golf
- Cycling
- Swimming
- A customized exercise program at FYZICAL

If you have any questions about working out with arthritis, don't hesitate to call us! Our team is happy to guide you through the process.

Sources: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/14-ways-to-work-out-with-arthritis> • <https://link.springer.com/article/10.1007/s10067-021-02735-2> • https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8519272/>



RECIPE OF THE MONTH: FRESH SPRING ROLLS



Ingredients:

- 1 package spring roll rice wrappers, found in the Asian foods section at the grocery store
- 1 package vermicelli rice noodles, found in the Asian foods section at the grocery store
- 2 mangos, peeled and sliced into thin strips
- 1 large carrot, peeled and shredded or sliced into thin strips
- 1 large English cucumber, peeled and thinly sliced

- 1 pound small, cooked shrimp, deveined, tails removed, or substitute chicken
- 1 bunch fresh mint leaves
- 1 bunch fresh basil leaves
- 1 bunch fresh cilantro

For the peanut sauce:

- 3/4 c sweet chili sauce
- 1/3 c peanut butter, smooth or crunchy
- 1/2 tsp soy sauce
- 1/2 tsp hoisin sauce

Directions: Cook vermicelli noodles in boiling water, for just a few minutes, according to package instructions. Drain and rinse with cold water. Gather all topping ingredients together, including chopped veggies, herbs, cooked shrimp. Add about 1 inch of water to a large, deep dish, or pie pan. Place one rice wrapper into the water and let soak for just 10-15 seconds. It should still feel pretty firm as you remove it and lay it on your counter or plate. (It will soften up as you add the filling ingredients, but if you let it soak for too long it will get too soft and will tear when you roll it up.) Layer 1-2 slices of each veggie, a few shrimp, a few leaves of each herb and a pinch of noodles on the of the spring roll that is closest to you. Fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together tightly, and rolling it up like a burrito.

For the peanut sauce: Add all ingredients to a food processor or blender and pulse until smooth.

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