



FIGHT YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

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FIGHT YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and causes of disability in the US adult population. Almost 30 million adults in the United States struggle with the condition. While it can influence anyone of any age, it most frequently develops among overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

Physical therapy solutions for arthritis:

Working with a physical therapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion

Physical therapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.



Strengthen the Muscles that Support an Arthritic Joint

You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physical therapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

Improve Balance

Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physical therapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling.

In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

“START 2022 OFF RIGHT!” WITH URBAN POLING

Urban Poling (aka Nordic walking) is adding poles to your walk using a technique similar to cross country skiing with your upper body while walking in an urban setting such as sidewalks and parks. They are uniquely designed and modified to be used extensively for use in both the fitness and rehabilitation industries. So what are the benefits of these?

- **Weight Management** -Research shows that urban poling burns 20 to 46 percent more calories than standard walking.
- **Pain Relief** -The poles let you offload weight from your hips and knees and into your upper body. Your knees and hips will thank you!
- **Balance** - A constant two points of contact (one foot and one pole) decrease your chances of falling.
- **Core Strengthening** - Your abdominal muscles tighten each time you push off with your poles. (For example, urban poling 1,000 steps is the equivalent of 1,000 abdominal crunches.)
- **Full-Body Workout** - Unlike standard walking, which uses just the lower body muscles, urban poling engages 90 percent of your muscles.
- **Improves Posture!** Your arms and back muscles strengthen with each arm swing and pole plant. Your upper back muscles (the ones that pull your shoulder blades together) tighten each time you plant a pole and press on the handle.
- **It helps balance your blood sugar** - The full-body urban poling workout helps keep blood sugars in a healthy range.
- **You can adjust the intensity** - Urban poling is an energizing activity that can be enjoyed by people of any age and athletic ability. Just press on the ergonomic handles with more or less intensity to modify your pace.
- **It's a great running alternative** - Hit the trails or your neighborhood sidewalks on your own or with friends. Urban poling offers the same year-round fresh-air experience as running—but without jarring and jostling your joints.



KC'S CORNER



HAPPY NEW YEAR EVERYONE! Let's get this year started right with some new healthy habits! It's always a good time to get up and get moving which we are here to help you do! Our office has so many things that can improve pain or inflammation you may feel whether it be from arthritis, surgery, a sports injury, poor strength or if you're unsure where the pain is coming from we can still help you! From Dry Needling to Laser Therapy, the Juvent Micro Impact Plate, Harness overhead system, Custom Orthotics, Braces and our new urban poling there is no reason for you not to get moving today! Me and my team love getting people on the right track or just staying on track! I hope you had a great holidays and to see you in the office soon!



WORD SCRAMBLE

Directions: Rearrange the letters below to reveal a physical therapy term. Write your guesses on the blanks below!

ulastkscmeloelu

Once you've written in your guesses, check under the patient success spotlight for the answers.

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



"My progress is notable to me and visible to the staff!"

"Having balance/stability issues, I went to Brett's center for treatment. A comprehensive and personal plan was created for me, and was carried out by his professional and most genial staff in a very supportive atmosphere. My progress is notable to me and visible to the staff. I highly recommend Fyzical for physical therapy needs." - **George T.**

WORD SCRAMBLE ANSWER: Musculoskeletal

HEALTHY RECIPE

BALSAMIC BERRY VINAIGRETTE SALAD



INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>



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2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!



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