

# MALVERN

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## PHYSICAL THERAPY

N E W S L E T T E R

# RELIEVE YOUR ARTHRITIS PAIN WITH THESE SIMPLE STEPS

## INSIDE:

- Relieve Your Arthritis Pain With These Simple Steps
- 12 Steps for Relieving Arthritic Pains at Home
- Coupon Corner!
- Staff Spotlight



Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

*(continued inside)*



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## RELIEVE YOUR ARTHRITIS PAIN WITH THESE SIMPLE STEPS

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- Staff Spotlight

- Coupon Corner!
- Exercise Essentials



There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common, and it happens as a gradual “wear and tear” of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. 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. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

### How can Physical Therapy Relieve my Arthritis Pain?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility.

When you arrive for your initial consultation at Pro-Active Physical Therapy, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs. Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

**Whatever may be causing your arthritis pain, Pro-Active Physical Therapy can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!**



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# 12 STEPS FOR RELIEVING ARTHRITIC PAINS AT HOME

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s).

**However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:**

1. Stretch multiple times a day.
2. Alternate between weight-bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.



10. Eat nutritious foods.
11. Avoid fried foods, sodas, and other items that increase inflammation in your body.
12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best.

**Find relief for your arthritic pains today with Pro-Active Physical Therapy!**

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## AIR FRYER PORK CHOPS



### INGREDIENTS

- 4 boneless pork chops
- 2 tbsp. extra-virgin olive oil
- 1/2 c. freshly grated Parmesan
- 1 tsp. kosher salt
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. ground black pepper

### INSTRUCTIONS

Pat pork chops dry with paper towels, then coat both sides with oil. In a medium bowl, combine Parmesan and spices. Coat both sides of pork chops with Parmesan mixture. Place pork chops in the basket of air fryer and cook at 375° for 9 minutes, flipping halfway through.

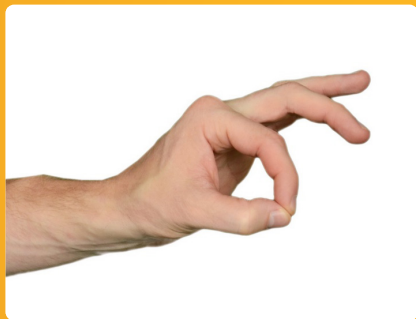
## EXERCISE ESSENTIALS

Helps With Arthritis Pain



### PINCH GRIP

Pinch the tips of your finger and thumb together. Hold for 5 seconds and repeat 8-10 times.



## Patient Success Spotlight



**“Choose Pro-Active Physical Therapy, you won’t be disappointed!”**

“The staff is very friendly and provides awesome care! The therapists were very knowledgeable and can help you reach all of your goals. They are very quick to get you in and won’t leave you waiting! Choose Pro-Active Physical Therapy, you won’t be disappointed!”

## Staff Spotlight



### Mackenzie Simon

*Physical Therapist, Benton Physical Therapy*

Mackenzie is originally from the small town of Subiaco, AR. There, her family owns a Turkey and Cattle farm. She is an aunt to her sister’s three amazing kids that she loves to spoil. In her spare time, she and her husband like to float in the river in the summertime and spend time with their two dogs.

One day they would like to own a lake house for all of their family to use. Mackenzie joined our team in August of 2017 after graduating from the University of Central Arkansas. Mackenzie found a love for Physical Therapy after doing PT herself to recover from a knee injury in her teens. This made her want to pursue a career in Physical Therapy to help others return to doing the things they loved.

**When asked what her favorite part of the job is she says:**

*“Getting to treat a wide variety of patients of all ages, diagnoses, and personalities.” - Krista*

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## FUN & GAMES

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**CALL TODAY!**

## COUPON CORNER!

**FREE 15-MINUTE  
IN-CLINIC OR  
TELEHEALTH  
APPOINTMENT!**

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