

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R

RELIEVE YOUR ARTHRITIC PAINS THE NATURAL WAY

According to the Centers for Disease Control (CDC), 1 in 2 people will have symptoms of knee osteoarthritis sometime before the age of 85. They also state that approximately 54.4 million U.S. adults are diagnosed with some form of arthritis each year. Signs of arthritis may include pain with squatting, bending, or sitting too long.

(continued inside)



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N E W S L E T T E R



RELIEVE YOUR ARTHRITIC PAINS THE NATURAL WAY

(continued from outside)

Pain that is worse in the morning but seems to disappear throughout the day may also be a sign of arthritis. There are a number of reasons why arthritis may occur, including:

- Normal or abnormal wear and tear on joint cartilage.
- Injuries that damage cartilage and joints.
- Diseases that damage cartilage.
- Lack of joint support from poor muscle strength and tissue flexibility.



What exactly is arthritis?

The term "arthritis" refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis 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-on-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 perceived threat, the immune system attacks the joints, resulting in pain and inflammation. While research is ongoing, in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Do you think you may be experiencing the signs of early-onset arthritis? Are you looking to manage your arthritic pains so you can live more comfortably? If so, contact Pro-Active Physical Therapy today.



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SO HOW CAN I RELIEVE MY ARTHRITIS PAIN?

While there is not yet a known cure for arthritis, there are some steps you can take on your own, in addition to physical therapy treatments, to make sure your pain is managed to the best of your ability. **These include:**

1. Getting exercise. It can sometimes feel difficult to move when you are suffering from arthritis. However, exercise is important for relieving pain and maintaining joint function. It is also vital in strengthening muscles, increasing flexibility, and improving blood flow. In order to avoid additional pressure on the affected joint(s), you can mix weight bearing and non-weight bearing exercises, such as aquatic exercises or bicycling. Your physical therapist will prescribe targeted exercises to you that you can do both during your PT sessions and on your own time. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better.

2. Taking your vitamins. The Arthritis Foundation states that there are a multitude of benefits in taking glucosamine and chondroitin vitamins. Glucosamine is naturally made in the body and helps support the cartilage by retaining water and preventing wear. Therefore, taking additional glucosamine vitamins can help with damaged cartilage. Some studies have also shown glucosamine to slow down joint damage altogether. Consult with your physical therapist about additional supplements to help ease your pain and promote cartilage health.

3. Avoiding certain foods. Did you know that some foods actually increase the body's natural inflammatory response? Fried foods, soda, processed foods, and foods with high sugar content and high fat can cause the inflammation of your arthritis to worsen. By cutting out these foods, you can help naturally relieve the inflammation in your body.

4. Taking calcium and magnesium supplements. Many people are deficient in calcium and magnesium. These are vital minerals needed for hundreds of processes in your body. Having enough calcium and magnesium allows you to build strong bones while simultaneously reducing irritated nerve endings, thus decreasing pain. If possible, find supplements that are in powder form that can be easily digested and help your body's intake of these essential minerals.

5. Getting plenty of rest. Sleep is a time for our body and brain to repair itself. Making sure you are getting enough sleep is important. By allotting yourself 7-8 hours of rest each night, you are able to allow your body to repair and decrease pain. When you are tired, your body does not function as well, increasing the inflammatory response and reducing your pain threshold.

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, in many cases, physical therapy can even eliminate the need for risky treatment methods altogether, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy can also help you prepare and recover from your procedure.

If you or a loved one is suffering from arthritis (or you think you might be), contact Pro-Active Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life.

BLUEBERRY SMOOTHIE



INGREDIENTS

- 2 cups coconut water
- 2 cups frozen blueberries
- 1 frozen banana
- 1/2 cup greek yogurt
- 1 tbsp flax seeds

INSTRUCTIONS

Blend coconut water, blueberries, banana, yogurt and flax seeds together in a high-powered blender for 30 seconds, or until creamy. Enjoy!

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EXERCISE ESSENTIALS

Helps To Relieve Leg Pain

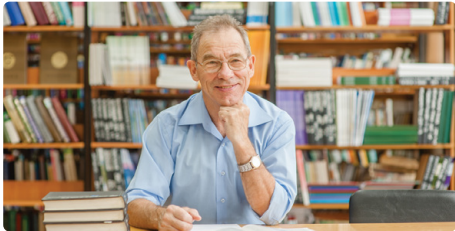


STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



Patient Success Spotlight



“I really appreciate the friendliness and compassion!”

“Well... In the beginning I didn't like therapy. I've had painful muscle issues since hip replacement in 2019 and a torn gluteus medius in late 2020 (same leg). I started therapy last Monday (3x a week) and I can honestly say *it's getting better!* Dan and his wonderful team take great professional care of me. I really appreciate the friendliness and compassion!”

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Malvern Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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Practice News



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