

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



**RELIEVE ARTHRITIS
THIS HOLIDAY SEASON**



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A NATURAL APPROACH TO FINDING ARTHRITIS RELIEF

Have you been dealing with the aches and pains of arthritis? Are you tired of taking medication to get relief? We can give you solutions that work without nasty side effects! At Malvern Physical Therapy, our physical therapists take a natural approach to resolving your arthritis pain.

Approximately 40 million people in the United States suffer from arthritis, and one-third say it limits their leisure activities and daily tasks. Around 25% of these individuals also say they are in chronic, debilitating pain daily.

While there are several medications on the market that limit pain, none can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can give you solutions that reduce your pain and improve your function without side effects! If you are looking to find relief for your arthritis, we can help! Start by treating it at the source; contact Malvern Physical Therapy today!

What to expect from physical therapy

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and

disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse. Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

We will develop a comprehensive program that includes targeted manual techniques, mobility work, and strengthening to reduce inflammation and provide greater support to the joints. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive and get ready for the upcoming new year!



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WHY IS PT BETTER THAN MEDICATION?

The most common treatments for arthritis are physician-prescribed medication, usually NSAIDs, corticosteroids, or anti-rheumatic drugs. Unfortunately, although it is easy to pop it in your mouth, medication will cause side effects, which can be more dangerous than arthritis itself.

With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's primary goal when treating arthritis is reducing stress on the joints by increasing strength, preserving or improving range of motion, and teaching balance and coordination exercises.

Some benefits to working with a physical therapist include:

- **Stretching/Mobility Exercises:** Restoring motion ensures the joint receives proper blood flow to keep existing cartilage healthy and strong.
- **Exercise.** Light exercises focusing on getting the muscles around the joints stronger helps to reduce the forces through the joint and alleviate the pain simultaneously.
- **Proper posture.** Posture work will help to reduce stress on your joints.

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- **Weight control.** Reducing/controlling your weight helps to prevent added stress on weight-bearing joints.
- **Proper Nutrition:** Avoid processed and sugary foods that cause inflammation in your body and negatively impact your arthritis symptoms.
- **Sleep.** Proper rest helps the body heal, improves your immune system, and helps reduce your inflammation and pain.

Physical therapy works by taking a natural approach to reducing the pain and inflammation in your joints without medications. Treatments to improve strength, balance, and coordination have also been shown to help reduce pain and improve tolerance to daily activities.

The healthier your lifestyle choices, the less wear-and-tear to your joints, thus reducing inflammation and pain.

Get started today!

If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Malvern Physical Therapy today.

Pain and inflammation relief is possible with the help of physical therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3832048/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC572852/> • <https://www.sciencedirect.com/science/article/pii/S106345841931297X>

PECAN PIE COOKIES

INGREDIENTS:

- ½ cup butter
- ½ cup confectioners' sugar
- 3 tablespoons light corn syrup
- ¾ cup finely chopped pecans
- 2 cups all-purpose flour

- 1 teaspoon baking powder
- 1 cup brown sugar, packed
- ¾ cup butter, softened
- 1 large egg
- 1 teaspoon vanilla extract

DIRECTIONS:

1. To make the filling: Melt 1/4 cup of butter in a saucepan; stir in confectioners' sugar and corn syrup until sugar is dissolved. Bring to a boil over medium heat, stirring often, then stir in pecans until combined. Refrigerate the filling for 30 minutes to chill.
2. To make the cookies: Preheat the oven to 350 degrees F (175 degrees C). Sift flour and baking powder together in a bowl; set aside. Beat brown sugar, 3/4 cup butter, egg, and vanilla extract in a large bowl with an electric mixer on medium speed until the mixture is creamy, about 2 minutes.
3. Gradually beat in flour mixture to form a dough. Pinch off about 1 tablespoon of dough and roll into a ball; press into the bottom of an ungreased cupcake pan cup so it lines the bottom and sides, like a pie crust. Repeat with remaining dough.
4. Fill each crust with about 1 teaspoon of the prepared pecan filling. Bake in the preheated oven until the cookie shells are lightly browned, 10 to 13 minutes. Watch closely after 10 minutes. Let the cookies cool in the pans briefly before removing to a wire rack to finish cooling.

THERE'S NO WAY AROUND IT: HEALTH INSURANCE BENEFITS CAN BE ABSOLUTELY MIND-BOGLING.

Now that the end of the year is getting closer, many patients have met their insurance deductible. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment could be minimal or entirely covered by your insurance plan!

If you've met your insurance deductible for the year, it's a good idea to visit one of our clinics for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today.



Patient Success Spotlight



"I was confident this was the right place to come. They are very professional and I highly recommend!" – J.C.

"Everyone was so helpful and encouraging made me want to work harder." – G.D.

IF YOU NEED TO HAVE THERAPY:

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

FUN & GAMES

6			5	9	4		
		3		1			
7			6			2	5
	1			7	8		2
		7		1		3	
8			9	4			6
5	8				3		7
			1			2	
		9	8	2			4

FREE 15-MIN CONSULTATION

Call to schedule yours today!

Staff Spotlight



Shawna Lawhon

Director of Marketing & Administration at Benton Physical Therapy

Shawna is a current resident of Bauxite, AR. She is the mother of 3 beautiful girls that keep her on her toes. In her spare time she enjoys spending time with her girls and her family. One day she would love to be able to visit Australia. Shawna found her passion when she came to work for our company in November, 2014. She started with us as a Therapy Technician and worked her way into Marketing and Administration. She says she truly believes in what we do here and the difference it makes in people's lives.

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

"When I watched a stroke patient we had been treating run down the hallway to hug her therapist after completing her therapy, I knew this is what I would want to do from now on". –Shawna

MALVERN PHYSICAL THERAPY

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