PRO-ACTIVE
PHYSICAL THERAPY
BRYANT • SHERIDAN

NEWSLETTER

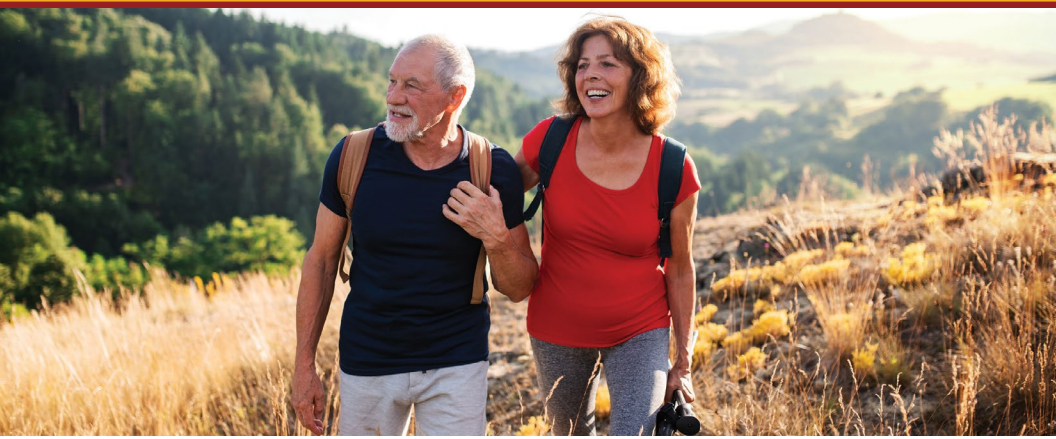


OSTEOARTHRITIS IS A PAIN!

PHYSICAL THERAPY CAN HELP

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HOW PHYSICAL THERAPY CAN HELP **OSTEOARTHRITIS**

As we all age, our bodies experience a certain "wear and tear" on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times.

Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

WHY DO WE EXPERIENCE OSTEOARTHRITIS?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active.

Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis.

Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.

HOW CAN PHYSICAL THERAPY HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions.

If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution.

Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility.



CONTACT US TODAY!

Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love! If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.

Sources: https://www.aota.org/~/media/Corporate/Files/AboutOT/Professionals/WhatIsOT/PA/Facts/Arthritis%20fact%20sheet.pdf • https://www.arthritis.org/

PROACTIVEPHYSICALTHERAPY.HEALTH

RED VELVET-BLUEBERRY ICE CREAM PIE

Ingredients:

- 4 red velvet cupcakes
- 1 ½ pints vanilla ice cream
- 1 ½ pints blueberry sorbet
- 2 c cold heavy cream
- 2 tbsp confectioners' sugar



Directions: Scrape off and discard the frosting from the cupcakes; crumble the cupcakes into crumbs. Press all but 1/4 cup crumbs into the bottom and up the sides of a 9-inch deep-dish pie plate. Freeze 30 minutes. Meanwhile, let the ice cream and sorbet soften at room temperature, about 15 minutes. Spread the ice cream evenly over the crust using an offset spatula or rubber spatula; spread the sorbet on top. (Return the pie to the freezer between layers if the ice cream gets too soft.) Freeze while you make the whipped cream. Beat the heavy cream and confectioners' sugar in a large bowl with a mixer on medium-high speed until soft peaks form, about 3 minutes. Top the pie with the whipped cream and sprinkle the reserved cupcake crumbs around the edge. Freeze until firm, at least 4 hours or overnight.

EXERCISE ESSENTIALS

FINGER JOINT BLOCKING

Place index finger and thumb of one hand around middle of finger to keep finger straight. Bend and straighten only the end of finger. 20 reps, 3 sets



Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

BRYANT 501.359.5841 | SHERIDAN 870.493.8187

PATIENT SUCCESS **SPOTLIGHT**



"Entire staff is pleasant. They are very welcoming and helpful. Lauren listened very well to my concerns and planned treatment tailored to my needs." — K.T.

"Everyone here is so nice and wonderful. They have been here for me 100%, could not have come this far without any of them. This is the best place for PT! I love everyone here." — R.C.

IF YOU NEED TO HAVE THERAPY:

1. CHOOSE Physical Therapy
2. GO to all prescribed therapy appointments!

STAFF **SPOTLIGHT**



LAUREN COOK

Physical Therapist at our Benton Clinic

Lauren is a current resident of Sherwood, where she lives with her husband and their dogs. In her spare time she likes to hike, travel, spend time with her family and spoil her fur babies. One day she would love to visit Hawaii and hike at Torres del Paine in Chile. Lauren is a graduate of UCA and she joined our team in Sept of 2020. She likes feeling challenged to become the best therapist she can.

HER FAVORITE PART OF HER JOB:

"Interacting with patients and helping them return back to the activities they enjoy doing."

PRO-ACTIVE
PHYSICAL THERAPY

STRETCH YOUR **MIND**

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THIS OFFER ENDS ON JULY 31ST 2023