



# RELIEVE YOUR ARTHRITIC PAINS

## THE NATURAL WAY WITH PHYSICAL THERAPY

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[PHYSICALTHERAPYCENTER.ORG](http://PHYSICALTHERAPYCENTER.ORG)



Has your arthritis pain come back? We want to help!  
Call The Physical Therapy Center today at (704) 847-6351

# Relieve Your Arthritic Pains The Natural Way With Physical Therapy

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. 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.

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 [The Physical Therapy Center](#) today.**



## 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.

**Book An Appointment Today!**

# How Can I Relieve My Arthritis?

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.

## Contact The Physical Therapy Center For Relief

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 The Physical Therapy Center today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life.

[www.PhysicalTherapyCenter.org](http://www.PhysicalTherapyCenter.org)

## Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

**Matthews Location**  
(704) 847-6351

**Waxhaw Location**  
(704) 843-7000

**South End Location**  
(980) 833-1293

**Monroe Location**  
(704) 283-6700



# Fun COVID-Friendly Summer Activities You Can Do in 2021!

Since COVID-19 hit last year, people everywhere have been searching for ways to stay happy, healthy, and busy. COVID-19 has kept many of us inside, unable to participate in our normal day-to-day activities. However, summer is on its way, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love!

Here are some fun, COVID-friendly summer activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

## Try A New Outdoor Sport

As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.

## Visit an outdoor farmers market

If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

## Go see a drive-in movie

The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great summer activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.

## Break out the gardening tools


Do you love gardening and growing your vegetables, herbs, and flowers? If so, summer is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great summer activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

## Make the most of this summer

We all deserve to enjoy summer for what it is. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!

**Has your pain come back?** Give us a call or visit [www.PhysicalTherapyCenter.org](http://www.PhysicalTherapyCenter.org) today!

## Featured Exercise Short Arc Quad

 SimpleSet Pro



Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit [physicaltherapycenter.org](http://physicaltherapycenter.org) to schedule your consultation today!