



RELIEVING ARTHRITIC PAINS IN YOUR UPPER EXTREMITIES

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call The Physical Therapy Center today at (704) 847-6351

Relieving Arthritic Pains In Your Upper Extremities

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physical therapy. Contact The Physical Therapy Center today to find out more.



Healthy Joints



Arthritic Joints

Physical Therapy And Arthritis Relief

If you ever wake up with stiff joints that make it difficult to get moving in the morning, becoming less painful as the day goes on, you may be experiencing early-onset arthritis.

At The Physical Therapy Center, we will provide you with the resources you need to prevent arthritis-related injuries in the future. One of our licensed physical therapists will provide you with gentle exercises to help improve your range of motion, flexibility, and overall function in the affected joint(s).

Physical therapy helps by restoring the normal motion of your joints, improving the strength of supporting muscles, and improving the way you walk, run, bend, and move. Our treatments in water or on land are tailored to your specific needs to help you recover quickly and have a more permanent outcome. We also teach you ways to prevent future joint injury, and what you can do on your own with the correct therapeutic exercises.

If you are suffering from arthritis, or you think you might be, you could greatly benefit from our physical therapy treatments at The Physical Therapy Center. In many cases, physical therapy treatments can even help you avoid the need for surgery, medications, and injections.



Book An Appointment Today!

Hand Therapy for Arthritis Relief

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

On Your Own

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during

your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.



Contact The Physical Therapy Center!

At The Physical Therapy Center, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs. **Get back to living your life comfortably by calling us today!**

www.PhysicalTherapyCenter.org



Feel Better By Eating Better!

Spinach & Egg Sweet Potato Toast

- 1 large slice sweet potato (¼ inch thick)
- 1/3 cup cooked spinach
- 1/2 teaspoon sliced fresh chives
- 1 large egg, fried or poached
- 1/2 teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

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



3 Tips To Improve Nutrition In The Fall



1. Harvest Your Herbs

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

2. Become A Soup Chef

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

3. Make A New Fermented Friend

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

Exercise of the Month Wrist Extension Stretch



Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.

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



Leave Us A Review!

Have you been loving The Physical Therapy Center? We would love to hear! Scan the QR code or visit our website at PhysicalTherapyCenter.org to tell us how we're doing!