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# Relieve Your Arthritic Pains With Physical Therapy

*Health & Wellness Newsletter*

*Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.*

At the Physical Therapy Center, you can find solutions to your pain and get back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, our therapists can help!

**Call our clinic today to make an appointment!**

## **What Is Arthritis?**

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 breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage 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 the second most commonly experienced form of arthritis and 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 to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

**Stop letting pain get in the way. Give us a call or visit [physicaltherapycenter.org](https://physicaltherapycenter.org) today!**



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## What You Can Do To Help Your Arthritis Pain

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

*In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:*

- **Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.
- **Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.
- **Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

## How Can Physical Therapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At the Physical Therapy Center, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

## Call Today For An Appointment

If you or a loved one is suffering from arthritis, 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!

Sources:  
<https://pubmed.ncbi.nlm.nih.gov/32364594/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>  
<https://www.uptodate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>  
<https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamins-supplements-arthritis>

# Check Out These Tips To Help You Stay Active & Healthy!

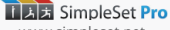


## Blueberry Muffin Overnight Oats

- 1 cup rolled oats
- 1/2 cup blueberries, mashed
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

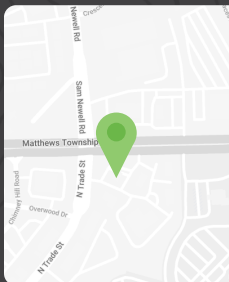
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## Knee Extension

Lie on your back with knee slightly bent. Straighten knee by pushing the back of your knee toward the floor.

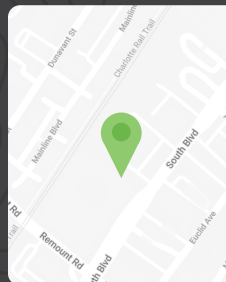
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### Matthews Location

1352 Matthews Township Pkwy  
Unit 102 - Matthews, NC 28105  
**(704) 610-1868**

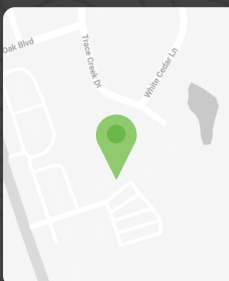
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### South End Location

2400 South Blvd  
Suite 203 - Charlotte, NC 28203  
**(980) 303-3991**

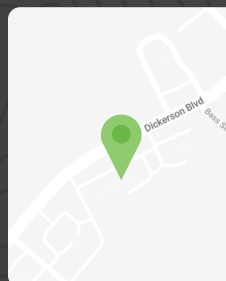
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### Waxhaw Location

105 Waxhaw Professional Park Dr  
Suite B - Waxhaw, NC 28173  
**(704) 459-4269**

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### Monroe Location

1730 Dickerson Blvd  
Suite D - Monroe, NC 28110  
**(704) 459-3794**

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