NEWSLETTER

Beyond Physical Therapy

NOVEMBER 2022



YOU DON'T HAVE TO LIVE WITH ARTHRITIS PAIN!

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NEWSLETTER
NOVEMBER 2022
The Newsletter About Your Health & Caring for Your Body



YOU DON'T HAVE TO LIVE WITH ARTHRITIS PAIN!

Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?

You could be suffering from osteoarthritis.

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as "wear and tear" arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. 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, joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms, depending on the amount of arthritis you have.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS ARTHRITIS, EXACTLY?

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the "wear and tear" form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

WHAT CAUSES OSTEOARTHRITIS?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race),
- Specific bone/joint shapes
- There are also physical risk factors associated with increased osteoarthritis including:
- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your sports injury

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Continued From Outside

- Participation in sports (i.e. contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

CALL OUR CLINIC TODAY

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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APPLE CIDER

INGREDIENTS:

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

DIRECTIONS:

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

PATIENT SUCCESS STORY

"I highly recommend this office!"

"Love this office! There are private rooms and small group rooms where you still feel like it's more private than traditional PT clinics. The knowledge I have gained on how the body is supposed to work in just 3 visits makes me wonder why I waited so long! I highly recommend this office!" **-K.H.**

EXERCISE ESSENTIALS

PT WIRED

AROM HAND/FINGER TENDON GLIDE

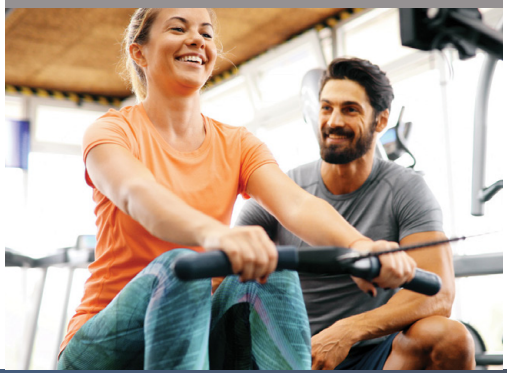
Start with fingers straight. Make hook fist, return to straight hand. Make full fist, return to straight hand. Make straight fist, return to straight hand. Repeat for 3 sets of 20 reps on both hands.



PHYSICAL THERAPY FOR FREE?

Did you have an expensive surgery this year? Are you on a family insurance plan? Have you had to use your insurance more than expected? Do you need to get back into shape? If you answered yes to any of these questions, you're much more likely to have a $0 balance remaining on your out-of-pocket expenses!

Your deductible is the amount of money that you must pay out-of-pocket for treatment before your insurance pays anything. For many patients, the end of the year marks a $0 balance remaining on their out-of-pocket expenses! If you've met your annual insurance deductible and are interested in physical therapy services, give us a call!



3 TIPS TO IMPROVE NUTRITION IN THE FALL

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At Beyond Therapy & Wellness, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Beyond Therapy & Wellness today. We can help you develop an exercise and nutrition plan that works for your needs.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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