NEWSLETTER

Beyond Physical Therapy

DECEMBER 2023



RELIEVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

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DECEMBER 2023
The Newsletter About Your Health & Caring for Your Body



RELIEVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain.

Fortunately, at Beyond Therapy and Wellness, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Beyond Therapy and Wellness, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and find out how our services can benefit you!

WHAT ARE TWO COMMON TYPES OF ARTHRITIS?

Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the "wear and tear" type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. 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, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

Treatment plans will include joint mobility exercises, targeted stretches, and balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and other modalities to get the best results.

WHAT TO EXPECT AT PHYSICAL THERAPY

Physical therapy at Beyond Therapy and Wellness helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.
- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

CALL TODAY FOR AN APPOINTMENT

Call Beyond Therapy and Wellness today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer — schedule your consultation today.



At Beyond Physical Therapy, 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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CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Beet and Apple Salad

INGREDIENTS:

- 4 large beets (2 1/2 pounds)
- 5 thyme sprigs
- ½ cup extra-virgin olive oil (plus more for drizzling)
- Salt and freshly ground pepper
- ¼ cup apple-cider vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons prepared horseradish
- 1/3 cup salted pistachios (chopped)
- 1 green apple (thinly sliced)

INSTRUCTIONS:

Preheat the oven to 375°. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and apples. Transfer the beets to a platter, top with pistachios and serve.

HOW TO GROCERY SHOP FOR HEALTHY OPTIONS

When it comes to grocery shopping, there are many options. If you find your weekly trip to the grocery store overwhelming, you've come to the right place.

The best way to start your grocery shopping is by thinking about your preferences and needs. For example, do you want to lose weight? How many people are you feeding? Once you've determined these factors, make a list of everything you think you may need.

Keep in mind that a diet high in protein and low in carbohydrates has been proven to be the most effective for weight loss. Protein is a building block of muscle, and it stimulates the hormone that helps you feel full. Protein also helps you maintain muscle mass during weight loss, which can help you maintain your metabolism.

The most important thing to remember is that you should be eating a balanced diet. This means that you should avoid overeating any one type of food.

For example, if you are overeating sugar or processed food, it might be time to change your diet. When shopping in the aisles, try to avoid ultra-processed foods, foods with high sugar content, or excessive amounts of red meat.

Here is an example of what a healthy grocery list may look like:

- **Fruits:** apples, blueberries, clementines, grapefruits, and avocados
- **Vegetables:** broccoli, asparagus, onions, spinach, peppers, zucchini, sweet potatoes, baby red potatoes, and butternut squash
- **Beans and grains:** chickpeas, brown rice, black beans, and quinoa
- **Proteins:** eggs, salmon, and skin-on chicken breast
- **Nuts and seeds:** roasted almonds, pumpkin seeds, and natural peanut butter
- **Dairy and nondairy substitutes:** oat milk, coconut milk, feta cheese, and full fat Greek yogurt



PATIENT TESTIMONIAL

"The best PT experience Ive had"

Gina and Beyond Therapy have been the greatest gift of knowledge to me. After getting diagnosed with cancer I felt very overwhelmed with all of the side effects of lymphedema, and since coming here I have felt so much peace. I now know how to prevent it and what to expect and I feel equipped for what could happen. The best PT experience I've had.

Veronica M.

DON'T WAIT ANY LONGER!

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CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY