

## N E W S L E T T E R

# RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

## INSIDE:

- How Can Physical Therapy Relieve Arthritis Pain?
- Have You Met Your Insurance Deductible?
- Exercise Essentials
- Coupon Corner

According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain...

*(continued inside)*





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ARTHRITIS PAIN

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While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

**What Is Arthritis, Exactly?**

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

**What Causes Lower Back, Hip and Knee Arthritis?**

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

**Arthritis can also be caused by:**

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout.

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.



# HOW CAN PHYSICAL THERAPY RELIEVE ARTHRITIS PAIN?

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

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

Discover how our team of specialists at Joint Effort Physical Therapy can get you moving pain-free again!

## Arthritis and Physical Therapy

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

[www.jephysicaltherapy.com](http://www.jephysicaltherapy.com)



Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. **See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.**

### Sources

<https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>  
<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>  
<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>  
<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

## HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.

*This means the cost could be minimal or completely covered by your insurance plan.*

Let us help you get a head start going into 2021, before your deductible renews again!

## EXERCISE ESSENTIALS

Helps Relieve Knee Pain



### KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



**CALL TODAY!**

## MEET THE TEAM: FELIZ NAVI-DOG



*Pictured: Keeli, Care Coordinator with Husband, Zach, and pups Rugar and Remi.*



*Pictured: Gretchen with her pup Ziggie.*

## STUDENTS SPOTLIGHT



*Front: Olivia, PTA Student Amber, PTA Student  
Back: Keeli, Care Coordinator, Gretchen, PTA, Rob, PT,  
Dedrick, PTA, Megan, PT.*

### HELP US WELCOME OUR 2 PTA STUDENTS OLIVIA & AMBER!

They are experiencing their first clinical rotation with Joint Effort. It has been a pleasure having them join our team and watching them grow with knowledge of treatments, documenting, and the day to day functionality of a physical therapy clinic!

Being a PTA student during a pandemic has been nothing short of a challenge, but they are thriving and we are thankful to be a part of this journey with them! It truly is a Joint Effort!



*From Left: Keeli, Care Coordinator, Olivia, PTA Student, Gretchen, PTA, Rob, PT, Megan, PT, Amber, PTA Student, Dedrick, PTA.*

[www.jephysicaltherapy.com](http://www.jephysicaltherapy.com)

## HEALTHY HOLIDAY RECIPE

### NO-BAKE CHOCOLATE PEPPERMINT BALLS

#### Ingredients:

- 10 tbsp cocoa powder
- 1/2 tsp peppermint extract
- 6 tbsp maple syrup
- 1/4 tsp sea salt
- 1/4 cup almond butter (sunbutter for nut free)
- 2-4 tbsp crushed candy canes
- 1/4 cup unflavored pea protein powder
- 2-4 tbsp dairy free chocolate chips



**Directions:** Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

*Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>.*

(501)-781-2701

## REFER A FRIEND!

*WHO DO YOU KNOW THAT NEEDS OUR HELP?*

THE FIRST 5 PEOPLE TO REFER A FRIEND OR FAMILY MEMBER TO  
JOINT EFFORT WILL RECEIVE A **\$20 WALMART GIFT CARD!**

- Move Without Pain
- Bend & Move Freely
- Balance Confidently
- Stand Comfortably
- Run & Walk For Longer Distances
- Live An Active Lifestyle

*If you know someone that may be able to benefit from physical therapy, please pass along this newsletter or have them call us directly to schedule an appointment.*

*\*Referred friend/family member must become a patient for you to qualify*