

N E W S L E T T E R

HELP FOR ARTHRITIS PAIN

INSIDE:

- Overcoming Arthritis Pain
- Avoid Aches & Pains In The Garden This Summer
- Exercise Essentials
- Easy Mango Protein Smoothie





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When you experience an injury, dealing with the pain that comes as part of the aftermath is expected. While painful, most of the time when recovering from an injury you can find comfort in the knowledge that the pain is temporary. As your body heals, as you go through the motions of building your muscle mass back and improving flexibility with physical therapy, you know that in time you will feel like yourself again. This knowledge gives you something to work towards, and helps the pain feel more manageable—even when it is intense, and never-fleeting.

Arthritis pain is different. Arthritis doesn't develop as a result of an injury, but instead develops over time as a result of chronic use, or even as a result of genetic disposition. This can make dealing with the pain of arthritis even more difficult to cope with, as it begs the question: if the pain is coming from inside the joint, is there anything I can actually do about it?

Understanding Arthritis Pain

Osteoarthritis is the most common chronic condition to affect the joints. Almost 30 million adults in the United States struggle with the condition, and while it can influence anyone of any age, it most frequently develops among those who are most prone to overuse—those who are over the age of 65.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage is what allows the joints in the elbows, ankles, knees and hips to move with freedom. Without cartilage, the bones would rub against one another with each movement, and would cause extreme pain. As the cartilage breaks down, so, typically, does the bone, and as the shape of the joint changes it becomes even more difficult for it to function smoothly. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

While arthritis pain typically develops gradually, the realization of what you are dealing with can still come as a shock. In some circumstances the pain will appear more abruptly, especially when the pain develops in association with a change in weather or other environmental circumstance.

Stop letting pain get in the way.
Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



OVERCOMING ARTHRITIS PAIN

Turning to over the counter pain medications to cope with arthritis pain is ineffective as a long-term solution. While some of the medications may provide temporary relief, they will not help you overcome the pain for good. Physical therapy, on the other hand, can provide actual relief from arthritis by helping to rebuild strength in the joints through targeted movements and flexibility exercises.

There is a lot of current research trying to understand what precisely causes arthritis to develop in some people, and not in others. Everyone uses their joints every day, and while it makes sense that so much pressure would cause pain to develop over time, it doesn't explain why the pain develops when and where it does, and why it happens to some people and not to others.

Anti-inflammation and Arthritis

One leading form of arthritis treatment is with the use of anti-inflammatory medication. Certain types of arthritis develop as a result of a build-up of inflammation in the body. Specifically, the tendons and ligaments become inflamed as a result of an internal attack from the immune system, which is typically triggered by some combination of environmental factors. Avoiding certain foods and movements can reduce inflammation, and thereby reduce pain.

Physical Therapy and Arthritis

Physical therapy is highly recommended for the treatment of arthritis because it can strengthen and support the joints through guided practice of movement and strength building exercises. Typically, the best activities for arthritis pain are low-impact activities. Working with a physical therapist is the best way to ensure that you are practicing the best techniques for overcoming your discomfort.

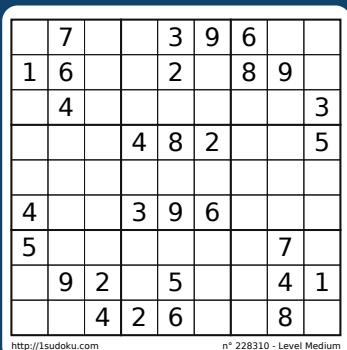
There is a long list of home remedies that are said to help with arthritis pain as well, and there is some credibility to some of these concepts. For example, losing weight, exercising regularly, and making some dietary changes such as reducing caffeine and sugar consumption are said to help alleviate pain associated with arthritis. However, before you start making any changes to your lifestyle, it is best to consult with a physical therapist. For more information about how to rid your life of arthritis pain, contact us.

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FUN & GAMES



Only use the numbers 1 to 9. Avoid trying to guess the solution to the puzzle. Only use each number once in each row, column, & grid. Use the process of elimination as a tactic. Use cross-hatching and penciling in techniques.

EXERCISE ESSENTIALS

Helps With Knee & Hip Pain



SQUAT

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



CALL TODAY!

AVOID ACES & PAINS IN THE GARDEN THIS SUMMER



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Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These Tips Can Help Prevent Injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT

HEALTHY RECIPE

EASY MANGO PROTEIN SMOOTHIE



- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

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PHYSICAL THERAPY

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