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PHYSICAL
THERAPY, P.C.

NEWSLETTER

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NOVEMBER 2022



LEAVE YOUR
Arthritis Pain In
THE PAST!

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LEAVE YOUR *Arthritis Pain In* THE PAST!



Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis.

Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physical therapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy!

Call Recovery Physical Therapy today to make an appointment.

UNDERSTANDING ARTHRITIS PAIN

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and causes of disability in the US adult population. Almost 30 million adults in the United States struggle with the condition. While it can influence anyone of any age, it most frequently develops among overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain. 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.

SOLUTION FOR ARTHRITIS PAIN

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physical therapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement.

The emphasis of therapy is a conservative approach through:

- Patient education
- Weight loss recommendations
- Joint protection and energy conservation
- Modifying activities and environments
- Use of assistive technologies

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Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

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PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

Working with a physical therapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion

Physical therapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

Strengthen the Muscles that Support an Arthritic Joint

You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physical therapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

Improve Balance

Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physical therapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling.

In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

CONTACT OUR CLINIC TODAY

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis.

Contact Recovery Physical Therapy today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!

(917) 763-7825

ENJOY THIS SEASON PAIN FREE!



PATIENT TESTIMONIAL

"The receptionists are amazing, kind, and fast."

"RPT is the best! Super knowledgeable practitioners who help you feel your best, gently encouraging you all while being warm and friendly each and every time. The receptionists are amazing, kind, and fast. My go to place when I need it. RPT also really accommodates a busy schedule. RPT is the best!"

-Marcus P.

3 WAYS TO PRACTICE GRATITUDE



Did you know that being grateful is actually good for your health? It's true!

We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. Write thank you letters

Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things— you'll be surprised at how good it feels!

2. Write down what you are grateful for everyday

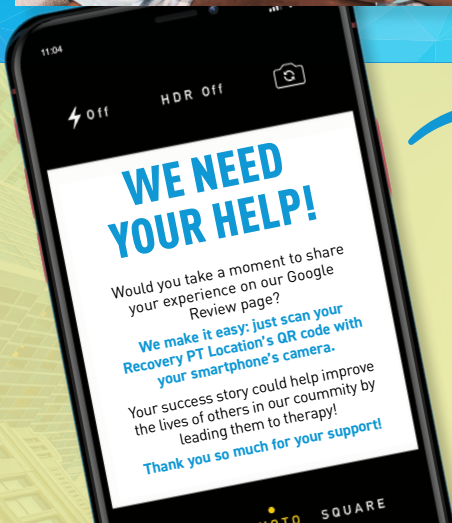
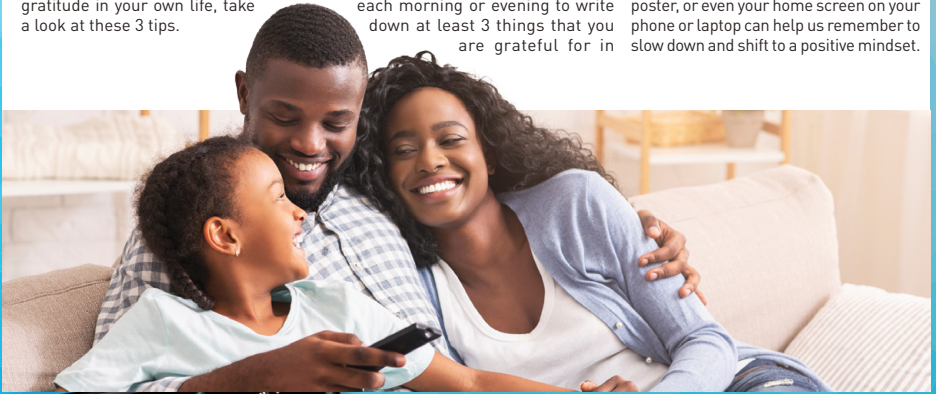
This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in

your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. Use visual reminders

It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.



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