



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

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MAY 2024



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Osteoarthritis Pain

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FIND RELIEF FROM YOUR OSTEOARTHRITIS PAIN



Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee? Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones. Fortunately, physical therapy at Recovery Physical Therapy offers several tools and techniques to help you manage your symptoms — often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

UNDERSTANDING OSTEOARTHRITIS: SYMPTOMS AND CAUSES

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:

- Pain during activity but not while at rest
- Pain when you press on the joint

- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet.

The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process — plenty of older people don't have it. But your chances of developing it do increase as you age.

Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

Continues inside

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.

HOW PHYSICAL THERAPY HELPS MANAGE OSTEOARTHRITIS SYMPTOMS

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our physical therapists will help you find an exercise program that suits your needs.

Here's how we'll do it:

- **Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- **Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- **Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength, in particular, can help support and protect the joint so you can move more easily.
- **Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or **water aerobics**.
- **Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints. If needed, we can also show you how to use mobility aids (such as canes or walkers).

DON'T LET OSTEOARTHRITIS PAIN HOLD YOU BACK!

We know that living with osteoarthritis can be difficult, but the physical therapists at Recovery Physical Therapy are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain.

Ready to get started? Call us to schedule your initial consultation today!



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Healthy Recipe



Kachumber Salad (Indian Salad)

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

DIRECTIONS: Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

EXERCISE ESSENTIALS

Knee C.a.r. (Controlled Articular Rotations) Strengthens Knee

Start by sitting on the ground with one leg straight and your other leg raised slightly resting on your forearm. Your heel should not be touching the floor. Turn your foot out as far as possible at your ankle and then extend your knee as much as possible. Turn your foot inward as far as possible and bend your knee as much as possible.



3 REASONS TO DIVE INTO SPRING CLEANING



Spring is a time of renewal and new beginnings, so it's the perfect time to get rid of old clutter and make your home feel fresh and new! Have you been procrastinating spring cleaning this season? Spring cleaning can sometimes feel like a hassle, but we promise it's worth it.

Not convinced yet? Here are three reasons to dive into spring cleaning:

1. A clean home benefits your immune system.

Mold, dust, and pet dander can build up in your home during the winter months when there is less air circulation. A thorough spring cleaning helps to air out your home, preventing respiratory problems.

2. It is a simple way to become more active.

Cleaning can be a real workout! Spring cleaning can help you get active by sweeping the floors, scrubbing tile, and moving furniture. Exercise has many advantages, including stress reduction and improved heart health.

3. It helps with concentration and mood.

Studies have shown that people who clean their homes are more productive, have better moods, and are more likely to

be happy. The cleanliness of the house also has a significant impact on mental health.

This is especially important now that so many of us work from home!

Spring cleaning is a great way to improve your mental and physical health—so what are you waiting for? Get started today!



SHARE THE LOVE!

We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smartphone and leave a review for our practice to help us connect with the community!



PATIENT SUCCESS



I have never received such dedicated personalized 1:1 care until I started going to Russell at Recovery PT. Russell is extremely dedicated to his patients' care and recovery. The staff takes the time to get to know the patient's history and full scope of ailments and provides fantastic thorough PT care. I would recommend Recovery PT to anyone in the area. I also found scheduling and billing to be a breeze as well."

-K.G.

SCHEDULE YOUR APPOINTMENT TODAY!

