



RELIEVING YOUR ARTHRITIS PAIN



RELIEVING ARTHRITIS PAIN

Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?

You could be suffering from osteoarthritis.

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as "wear and tear" arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints.

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

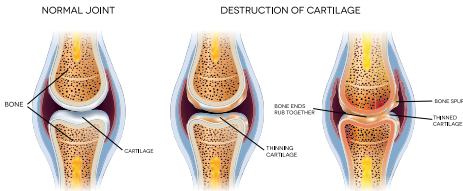
WHAT IS ARTHRITIS, EXACTLY?

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the "wear and tear" form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30-65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis

progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.



WHAT CAUSES OSTEOARTHRITIS?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race)
- Specific bone/joint shapes

There are also physical risk factors associated with increased osteoarthritis including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e. contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage. However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.



Scan to
book an
appointment!

CALL OUR CLINIC TODAY

Contact Carolina Prime today, and tell us about your symptoms. We offer the results you are looking for!

Source: <https://pubmed.ncbi.nlm.nih.gov/32364594/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.hopkinsarthritis.org/arthritis-research/>; <https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full>; <https://www.sciencedirect.com/science/article/pii/S106345841931297X>; <https://pubmed.ncbi.nlm.nih.gov/25785564/>; https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx

Healthy Recipe

CHERRY MANGO ANTI-INFLAMMATORY SMOOTHIE

Sweet cherries have been shown to help with sleep, as they contain melatonin, and they can also help reduce inflammation. Mangoes are great for strengthening your immune system as they are high in vitamins A and C, and they are also full of antioxidants that help prevent cancer.

- 1 cup frozen sweet cherries
 - ½ cup water
 - 1 cup frozen mango
 - ¾ cup water
- Place the cherries and mangoes in two separate bowls and let them sit to thaw for about ten minutes.
- Blend the cherries first: place the cherries and a ½ cup water in the blender and blend on high until smooth. Add the other ½ cup water if it seems too thick. Pour into a glass.
- Rinse the blender pitcher and add the mango and the water. Blend on high until smooth. Add more water if needed. Pour into the glass on top of the cherry layer.

<https://theprettybee.com/cherry-mango-anti-inflammatory-smoothie/>

336.281.9190 • carolinaprimept.com



USE IT OR LOSE IT

DO YOU HAVE A FAMILY INSURANCE PLAN OR HSA?

HAVE YOU HAD SURGERY THIS YEAR?

HAVE YOU USED YOUR INSURANCE MORE THAN USUAL?

If you answered YES, you are more likely to have met your insurance deductible for the year and have a \$0 balance remaining in your out-of-pocket expenses. This means **the cost of physical therapy could be minimal or even completely covered by your insurance plan.** Now is the time to come in for physical therapy! Are you feeling aches and pains? Let us help you get a head start on a pain-free 2024.

Call us today! We'll guide you to affordable treatments that will place you one step closer to pain relief.



CLINIC NEWS

JOIN OUR TEAM!

We are committed to helping patients be pain-free. We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you want to see if you qualify to be part of our team? Visit our website carolinaprimept.com to submit your application today.



AT-HOME EXERCISE

KNEE CAR *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. Repeat



Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.



Patient Success Story



Excellent care, all the staff was wonderful, and they all work together to give you the best care. They are very upbeat and encouraging to help make your recovery better. Thank you all"

— Sue J.



We Want to Hear *your* Success Story!



Scan the QR code to leave us a Google review!

Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190

carolinaprimept.com

