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# HEALTH & WELLNESS **NEWSLETTER**



[www.aspenrehab.com](http://www.aspenrehab.com) | (954) 341-7875

## PHYSICAL THERAPY FOR **ARTHRITIS PAIN**



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### **INSIDE:**

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- Patient Success
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- Healthy Recipe





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## YOUR LIFE DOES NOT HAVE TO INCLUDE PAIN & STIFFNESS PHYSICAL THERAPY CAN HELP WITH ARTHRITIS RELIEF



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 Aspen Rehab 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 is one of the leading 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

*(continued inside)*

# PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

(continued from outside)

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 Aspen Rehab today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!



Source: <https://bmcmusculoskeletal.biomedcentral.com/articles/10.1186/1471-2474-10-9>  
<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>  
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## TRY THIS HEALTHY RECIPE

### ROASTED BUTTERNUT SQUASH

#### INGREDIENTS

- 1 large butternut squash (about 3 pounds), peeled, seeded, and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

#### DIRECTIONS

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>

CALL (954) 341-7875 FOR MORE INFO.

# JOIN OUR TEAM!



## WE ARE HIRING!

Various Positions at Marketplace Physical Therapy & Wellness Center have now opened up! We are looking to hire for the following positions:

- Physical Therapist
- Physical Therapist Assistant
- Therapy Technicians
- Rehab Aid
- Speech Therapist
- Occupational Therapist
- Medical Receptionist

Head over to our "Join Our Team" page on our website at <https://aspenrehab.com/join-our-team/>

This will take you to our "Join our Team" page. Upload your Resume for our team to review. **Call for further information.**

## PATIENT SUCCESS



**"My strength and flexibility have greatly increased!"**

"This has been a very positive experience for me. All the staff here at Aspen are very courteous and professional and know their stuff. My strength and flexibility have greatly increased which ultimately has improved my quality of life. A big "Thank You" to the whole team at Aspen!!!! This is where you need to Therapy"

— Brian

## OCCUPATIONAL THERAPY

Occupational Therapy helps those with hand conditions, upper extremity issues, those that require splints, and bathing, dressing, and feeding help for issues caused by injuries or accidents.

## SPEECH THERAPY

Speech therapists handle issues dealing with delayed speech, vocabulary development, facial expressions, and more. They help to decrease issues patients have with eating and cognitive skills too. Speech therapists can also address problems with swallowing and communicating after an injury or stroke.

## PHYSICAL THERAPY

Physical Therapy helps relieve pain after injury, accident, or chronic joint issues. Patients with low back pain, neck pain, or who have had any surgeries can utilize PT to address pain and limitations or even to avoid surgery altogether.



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Get Your Life Back. Choose Aspen Rehab.