



FIVE MYTHS ABOUT ARTHRITIS PAIN (AND ONE THAT MIGHT BE TRUE)

Arthritis is a common condition affecting about 20% of the US population. Despite this fact — or perhaps because of it — myths and misconceptions surrounding arthritis abound. Unfortunately, many of these myths can contribute to more pain and a decreased quality of life for people struggling with the condition.

At Aspen Rehab, we want to help dispel some of these myths. By understanding the intricacies of arthritis, you can better manage your symptoms and live a full, active life.

Keep reading to find out some surprising facts about arthritis. And if you'd like to learn more about the role of physical therapy in arthritis management, call our clinic to schedule an appointment today!

Myth 1: There's Only One Type of Arthritis

We often talk about arthritis as if it's one condition, but the word actually refers to over 100 distinct conditions, all of which cause inflammation in the joints. The most common type of arthritis worldwide is osteoarthritis, a degenerative form primarily affecting older people. Because it's so common, people sometimes use "arthritis" and "osteoarthritis" interchangeably, but they are two distinct terms.

It's important to recognize the different types of arthritis because they can cause slightly different symptoms and complications. For example, rheumatoid arthritis (the second most common form of arthritis) is an autoimmune condition that can cause fatigue and fever alongside painful joints.

Myth 2: All Joint Pain is Some Type of Arthritis

Actually, there are many reasons why someone might experience joint pain. Overuse injuries, ligament tears, and bursitis can all trigger pain and restricted mobility in your joints.

If you're struggling with persistent pain in a joint, your best bet is to schedule an appointment at Aspen Rehab. Our physical therapists will perform a comprehensive assessment and can let you know for certain what's causing your symptoms.

Myth 3: Arthritis Pain is a Normal Part of Aging

Because the most common form of arthritis primarily affects older people, many assume that arthritis pain is an inevitable part of growing older. In reality, 53% of adults aged 65 or older haven't been diagnosed with arthritis. Even among people 80 or older, around 43% don't have a diagnosis.

Age is certainly connected to arthritis, particularly osteoarthritis, but you have options for preventing its development. Furthermore, developing arthritis doesn't necessarily mean you have to suffer.

Myth 4: There's Nothing You Can Do About Arthritis Pain

Along with Myth #5, this is one of the biggest myths out there. While it's true the most common types of arthritis have no cure, you can manage your symptoms and delay the condition's progression — all without surgery, too!

Physical therapy is one of your options. We can help you manage your pain through manual therapy and therapeutic exercise. Diet also plays a role; eating a healthy diet rich in fruits, veggies, and whole grains can help minimize joint inflammation.

Myth 5: You Shouldn't Exercise If You Have Arthritis

Of all the arthritis myths, this is probably the one that has done the most damage. While it might seem logical on the

surface, especially if you have osteoarthritis, exercise and movement actually protect you against arthritis pain!

Staying active throughout can help prevent arthritis from developing in the first place. But if you've already developed the condition, regular physical activity is essential in reducing your pain and mobility restrictions.

The key is to ensure you perform low-impact activities that don't put too much stress on your joints. The team at Aspen Rehab can help you find the right exercise program to suit your needs.

Myth 6: Weather Changes Cause Arthritis Pain

Surprisingly, the myth might have some truth to it. While weather doesn't cause arthritis pain, studies show that some rheumatoid arthritis patients experience slightly increased symptoms in cooler weather.

Separate Truth From Fiction

Our team is here to help you manage your arthritis pain. We'll let you know what works, what doesn't, and help you find a customized solution that meets your needs.

Call to make your appointment today!

(954) 341-7875

Sources: <https://link.springer.com/article/10.1007/s10067-021-05735-2>, https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8519272/>

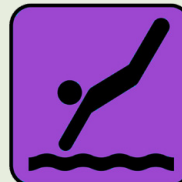
Working Out With Arthritis Tips from Our PTs

Now that you know skipping physical activity can worsen arthritis symptoms, you're probably wondering how to keep moving safely. Don't worry: the team at Aspen Rehab is here to help!

Your first step is to schedule an appointment with us. It's essential that you have a clear idea about which activities you can safely participate in without putting too much pressure on your joints. We can also work with you to strengthen any muscular imbalances and generally get you ready to get moving.

We can also share which activities are suitable for people with arthritis. You want to select low-impact workouts that go easy on the joints. Most importantly, however, whatever you choose should be fun.

Why? Because the more fun you're having, the more likely you are to keep doing it!



Physical Therapist-Approved Exercise Ideas

Once you've been cleared to start a new exercise program, here are some ideas from our PTs to get you started:

- Walking, either outside (preferably on a dirt trail) or inside on a treadmill
- Golf
- Swimming
- Cycling
- A customized exercise program at Aspen Rehab

If you have any questions about working out with arthritis, don't hesitate to call us! Our team is happy to guide you through the process.



HEALTHY RECIPE

ORZO WITH ZUCCHINI AND TOMATO

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Sauté garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

[aspenrehab.com](https://www.aspenrehab.com)



PHYSICAL THERAPY



9900 West Sample Road, Suite 102
Coral Springs, FL 33065

(954) 341-7875

FAX: (954) 341-7895

PATIENT SUCCESS STORY



Excellent service, Sandy cares about patients' progress." — Martha B.

WE ARE HIRING

**PHYSICAL THERAPISTS AND
PHYSICAL THERAPY ASSISTANTS**

DO YOU KNOW A GREAT PT OR PTA?

Have them call us to be a part of the ever growing Aspen Rehab Team. We are always looking to add to our amazing team and YOU can be a part of it.

(954) 341-7875

CALL TODAY FOR A

FREE
PHONE OR OFFICE
CONSULTATION

Get Your Life Back. Choose Aspen Rehab.