



Physical Therapy

NEWSLETTER



OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP

How PT Can Help You

*Find relief for your
osteoarthritis pain*

Exercise Essentials

*Try this exercise to
relieve hip pain*

Your Health In Mind!

*We are offering telemedicine
to all our clients*



OSTEOARTHRITIS IS A PAIN!

PHYSICAL THERAPY CAN HELP

As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren’t very active. Your cartilage works hard to

protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a “cracking or crunching” feeling when moving the joint(s), or the sound of bone rubbing on bone.

(Continued inside)



Suffering from arthritis pain? Call 253.850.9780 to schedule a consultation with your physical therapist at Physioworks today!

HOW PHYSICAL THERAPY CAN HELP OSTEOARTHRITIS PAIN



According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope!

While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love! If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.



EXERCISE ESSENTIALS

This Exercise Helps To Relieve Hip Pain!



SHORT ARC QUAD

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Hold for 3 seconds then lower. Repeat 10 times on each leg.

YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.850.9780**. Everyone stay safe and stay healthy.

*We are now accepting
Blue Cross Blue Shield insurance!*

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

TIPS TO PREVENT HOLIDAY STRESS



Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Instead, try donating to a charity in someone's name, or try making and giving homemade gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.



SEASONAL RECIPE

NO-BAKE CHOCOLATE PEPPERMINT PROTEIN BALLS

Ingredients

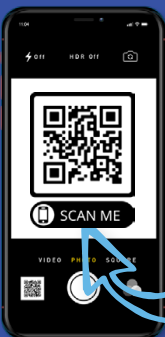
- 10 tbsp cocoa powder
- 1/2 tsp peppermint extract
- 6 tbsp maple syrup
- 1/4 tsp sea salt
- 1/4 cup almond butter (use sunbutter for nut free)
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)
- 1/4 cup unflavored pea protein powder

Directions

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiestonbite.com/no-bake-chocolate-peppermint-protein-balls>

DO YOU HAVE A SUCCESS STORY WITH US?



We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!

Physio Works

PATIENT SUCCESS SPOTLIGHT



"Very professional and nice people to work with. Definitely you can rely on them if you have back, shoulders, knee issues or any other body part you are struggling with. Dany, Ezra, Irina, Luda, Alona, Ashley all of them are great at what they do." — **Jossie W.**