

NEWSLETTER

January 2021



RELIEVE LOW BACK, HIP, & KNEE ARTHRITIS PAIN
LIVE PAIN-FREE WITH PHYSICAL THERAPY

INSIDE:

- Physical Therapy & Arthritis Pain
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www.hopt-wellness.com

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RELIEVING LOW BACK, HIP, & KNEE ARTHRITIS PAIN

WITH HANDS ON PHYSICAL THERAPY

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

PHYSICAL THERAPY & ARTHRITIS PAIN

HOW HANDS ON PHYSICAL THERAPY CAN HELP

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation. Discover how our team of specialists at Hands On Physical Therapy can get you moving pain-free again!

Arthritis and Physical Therapy

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation. Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce the risk of further injury.



If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

Healthy Recipe: Winter Citrus Smoothie



INGREDIENTS

- 2 1/2 cups pineapple juice, plus orange juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

INSTRUCTIONS

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from the freezer and top with the orange ice mixture. Garnish each glass with cinnamon and a slide of an orange, if desired.

Recipe: www.marthastewart.com/315212/winter-smoothie



PATIENT SUCCESS SPOTLIGHT



“The physical therapist worked with me so that now I’m able to walk and use the stairs without pain.”

“I’ve been going to Hands On Physical Therapy for the past year and a half to treat my Osteoarthritis in both knees. I was having a really hard time walking. The physical therapist worked with me so that now I’m able to walk and use the stairs without pain. I received very good care at Hands On Physical Therapy. I highly recommend going there for your physical therapy needs!” - **M. D.**

Suffering from arthritis pain? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

EXERCISE OF THE MONTH

Try this movement if you are experiencing hip issues.

Strengthens Hips

SIDE STEPS WITH EXERCISE BAND

Begin with a mini band placed around the ankles, hands on hips, and hips slightly back in an athletic stance. Step to the side, pushing through the grounding leg, and then actively pulling that leg back under the hip to continue moving in the same direction as many steps as directed by your physical therapist. Repeat in the other direction as directed by your physical therapist. Complete 3 sets of 10 repetitions.



Exercises copyright of  PT WIRED

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

NEW YEAR, NEW YOU



REACH YOUR FULL POTENTIAL THIS YEAR WITH HANDS ON PHYSICAL THERAPY

With a new year comes a fresh start to an all-new you! Start the year off right by taking advantage of your renewed benefits early! Make the most of your 2021 benefits to achieve those New Year’s resolution goals! The earlier you start your physical therapy, the sooner you can meet your insurance deductible for the year and avoid ending up with unused money in your FSA or HSA account.

Our highly experienced team offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Hands On Physical Therapy help you on your journey to becoming stronger, healthier, and more active in 2021.

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
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Call to schedule. Expires 2/28/2021