

NEWSLETTER

JULY 2021



DON'T LET ARTHRITIS SLOW YOU DOWN

RELIEVING ARTHRITIC PAINS IN YOUR UPPER EXTREMITIES

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You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physical and occupational therapy. Contact Hands On Physical Therapy today to find out more.

Physical Therapy, Occupational Therapy, and Hand Therapy – Defined:

People have found enormous success in upper extremity arthritis relief through physical therapy and occupational therapy treatments.

Before you can understand why physical therapy and occupational therapy are both so important for arthritic pain relief, you must first understand the differences between physical therapy and occupational therapy. **Physical therapy** refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. **Occupational therapy**, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises.

Hand therapy is also a form of occupational therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

Call us today to schedule an appointment or visit our website online at www.hopt-wellness.com.

www.hopt-wellness.com

**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**

HAND THERAPY FOR ARTHRITIS RELIEF

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

On Your Own

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.

Contact Hands On Physical Therapy!

At Hands On Physical Therapy, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs.

Get back to living your life comfortably by calling us today!



**WOULD YOU LIKE TO HAVE MORE FLEXIBILITY AND LESS PAIN
IN YOUR HANDS? CALL US TODAY TO FEEL THE RELIEF!**



PATIENT SUCCESS SPOTLIGHT



"The Aquatics pool was a huge factor in my recovery."

"The team of Diane, Caylie, and Chaitali were so professional and; especially, caring with my treatment regarding my total knee replacement. The use of the Aquatics pool was a huge factor in my recovery which helped me excel my recovery time to a shorter period. Thank you to these three ladies, for their strict adherence to the Covid rules, kindness and professionalism to their patients, is of high credit to themselves and Hands On Physical Therapy." - Alan J.

Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](https://www.hopt-wellness.com) to schedule an appointment and get relief today!

EXERCISE OF THE MONTH

Try this stretch to help relieve hand pain.

WRIST EXTENSION STRETCH

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.



EXERCISES COURTESY OF
 SimpleTone Pro
www.simpletone.net

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

HEALTHY RECIPE: CHICKEN POPPY SEED SALAD



INGREDIENTS

- 3 tablespoons thawed limeade concentrate
 - 1/4 teaspoon pepper
 - 3/4 pound boneless skinless chicken breasts, cut into thin strips
 - 1 tablespoon canola oil
- DRESSING**
- 1/2 cup white vinegar
 - 1/3 cup sugar
 - 1 teaspoon dried minced onion
 - 1 teaspoon ground mustard

INSTRUCTIONS

In a large bowl, combine limeade concentrate and pepper; add the chicken. Cover and refrigerate for 2 hours. Drain and discard marinade. In a large skillet, saute chicken in oil until no longer pink. Meanwhile, in a blender, combine the vinegar, sugar, onion, mustard and salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds. In a large serving bowl, toss spinach with strawberries, peas, onion, chicken and 1/2 cup dressing. Sprinkle with pecans. Refrigerate leftover dressing.

Recipe: <https://www.tasteofhome.com/recipes/chicken-poppy-seed-salad/>

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

Call to schedule. Expires 6/28/2021