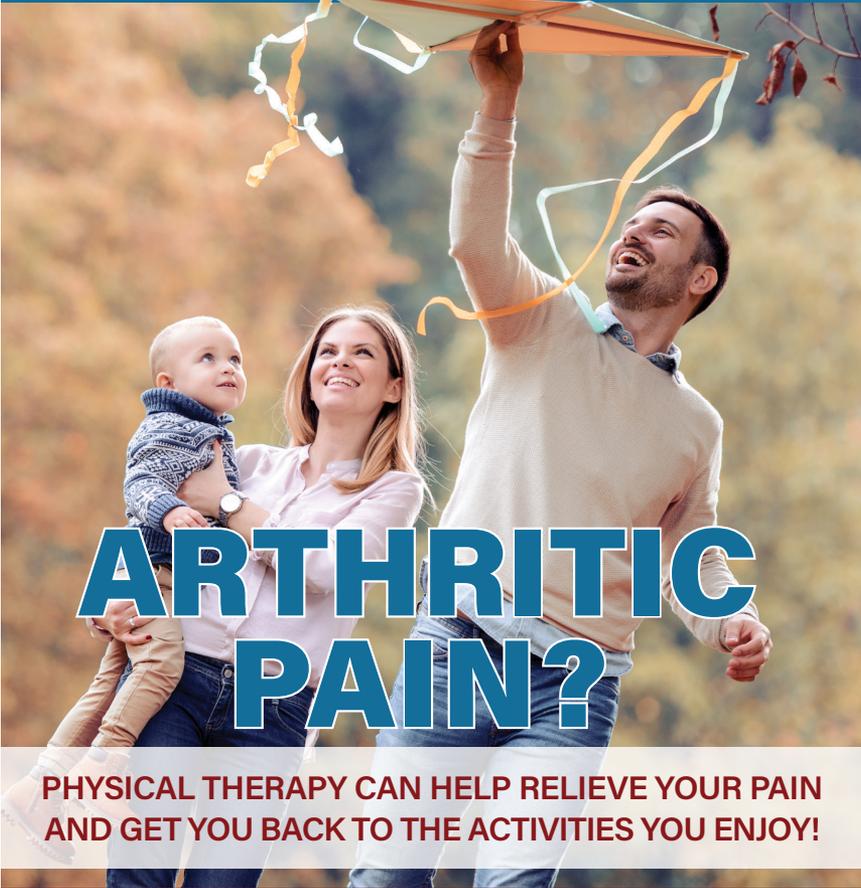


NEWSLETTER



ARTHRITIC PAIN?

PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN
AND GET YOU BACK TO THE ACTIVITIES YOU ENJOY!

INSIDE:

- 5 LEAF RAKING TIPS
- EXERCISE OF THE MONTH – HIP ADDUCTOR STRETCH
- HEALTHY RECIPE: HUMMUS & PITA PLATE



NEWS LETTER



ARTHRITIC PAIN?

**PHYSICAL THERAPY
CAN HELP RELIEVE
YOUR PAIN!**

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

At Hands On Physical Therapy you can find solutions to your pain and get back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.



HEALTHY JOINT

OSTEOARTHRITIS

RHEUMATOID

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Hands On Physical Therapy can help!

WHAT IS ARTHRITIS?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

Continued inside.

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**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**

5 LEAF RAKING TIPS

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread – raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your fall through on this chore, keep reading!

1. If You Can, Rake Downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull The Leaves Towards You As You Rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide Your Lawn Into Sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

4. Wait Until The Leaves Stop Falling

There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

5. Wear The Proper Clothes

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.

If you want to be better prepared for leaf raking, Hands On Physical Therapy can help. Our therapists can develop a treatment plan to get you healthier, stronger, and ready to tackle the leaves this fall.

ARTHRITIC PAIN?

Physical Therapy Can Help Relieve Your Pain!

Continued from previous page.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors

WHAT YOU CAN DO TO HELP YOUR ARTHRITIS PAIN

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine

Getting exercise. Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

Taking supplements. Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Avoiding processed and sugary foods. Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

HOW CAN PHYSICAL THERAPY HELP RELIEVE ARTHRITIS?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Hands On Physical Therapy, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

If you or a loved one is suffering from arthritis, contact Hands On Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!



EXERCISE OF THE MONTH

Try this exercise to help relieve leg and hip pain.



HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

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



PATIENT SUCCESS SPOTLIGHT



"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 therapist worked with me so that now I'm able to walk and go up and down stairs without pain. I receive very good care at Hands on Physical Therapy. I highly recommend going there for physical therapy needs."—Mike D.

HEALTHY RECIPE

A GREAT IDEA FOR SCHOOL OR WORK LUNCH!



Hummus & Pita Plate

The lunchtime sandwich may be the standard option for a school lunch, but let's face it: slapping the same smears onto bread — day after day, week after week — can leave kids and parents a little bored. Here's our suggestion for a healthy nut-free, sandwich-free lunch!

Nine out of 10 kids love a good hummus — why not make it the star of the show?

Pack with things like: Salami, hard boiled eggs, olives, carrots, baby tomatoes, apple slices and grapes (note that dipping is easier and less messy if you pack the hummus in a separate container). Whatever your child loves will work!

You too can get results like this. Contact Hands On Physical

Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

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CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 10/30/2022

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



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