

NEWSLETTER



**RELIEVE ARTHRITIS
PAINS THE NATURAL WAY
AND GET BACK TO DOING
WHAT YOU ENJOY!**

INSIDE:

- TREAT YOUR BODY TO A TUNE UP
- DO YOU HAVE A SPORTS INJURY?
- EXERCISE OF THE MONTH



www.hopt-wellness.com

Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

NEWSLETTER



RELIEVE ARTHRITIS PAINS THE NATURAL WAY

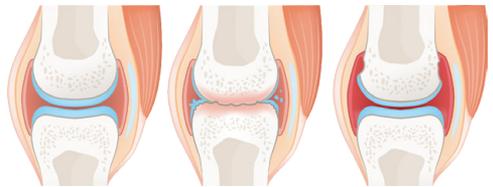
Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis.

Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physical therapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy!

UNDERSTANDING ARTHRITIS PAIN

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.



HEALTHY JOINT

OSTEOARTHRITIS

RHEUMATOID

Osteoarthritis is the most common chronic condition that affects the joints and daily activity, and it is one of the leading causes of disability in the US adult population. Almost 30 million adults in the United States struggle with the condition. While it can influence anyone of any age, it most frequently develops among those who are overweight/obese and those over the age of 50.

Continued inside.

Cary 919-851-0711
Fuquay-Varina 919-557-2111
Zebulon 919-269-0107

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**

RELIEVE ARTHRITIS PAINS THE NATURAL WAY



Continued from previous page.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

SOLUTIONS FOR ARTHRITIS PAIN

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physical therapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement.

The emphasis of therapy is a conservative approach through:

- Patient education
- Modifying activities and environments
- Weight loss recommendations
- Use of assistive technologies
- Joint protection and energy conservation

PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

Working with a physical therapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion – Physical therapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

Strengthen the Muscles that Support an Arthritic Joint – You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physical therapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

Improve Balance – Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physical therapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling.

In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

CONTACT OUR CLINIC TODAY

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis.

Contact Hands On Physical Therapy today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!



Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

EXERCISE OF THE MONTH

This exercise helps strengthen your hips.

POOL HIP FLEXION AND EXTERNAL ROTATION WITH WALL SUPPORT

Start by standing straight up in a pool. Raise one knee up until your hip and knee are both bent to 90-degrees. Hold this position and swing your knee outward with control. Keep the same knee and hip angles as you rotate your leg outward. Once you have reached the end range of your motion, bring your knee back in.



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

Cary **Fuquay-Varina** **Zebulon**
919-851-0711 919-557-2111 919-269-0107

www.hopt-wellness.com



TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

You may qualify for FREE PHYSICAL THERAPY from the clinic you trust.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to Hands On Physical Therapy for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far!

Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!



COME BACK TO PT!

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

Cary 919-851-0711 Fuquay-Varina 919-557-2111 Zebulon 919-269-0107

www.hopt-wellness.com



PATIENT SUCCESS SPOTLIGHT

"I have been at Hands On in Cary for a few months now and suffer from fibromyalgia and arthritis. I can tell a difference in my energy and pain since I have started pool therapy. My pain has decreased greatly and I have more energy than I have had in a long time. My strength has increased and I look forward to more improvements. Such a great team, very helpful and friendly staff!! Thank you all!" —NCG

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!



www.hopt-wellness.com

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

Call to schedule. Expires 12/30/2023