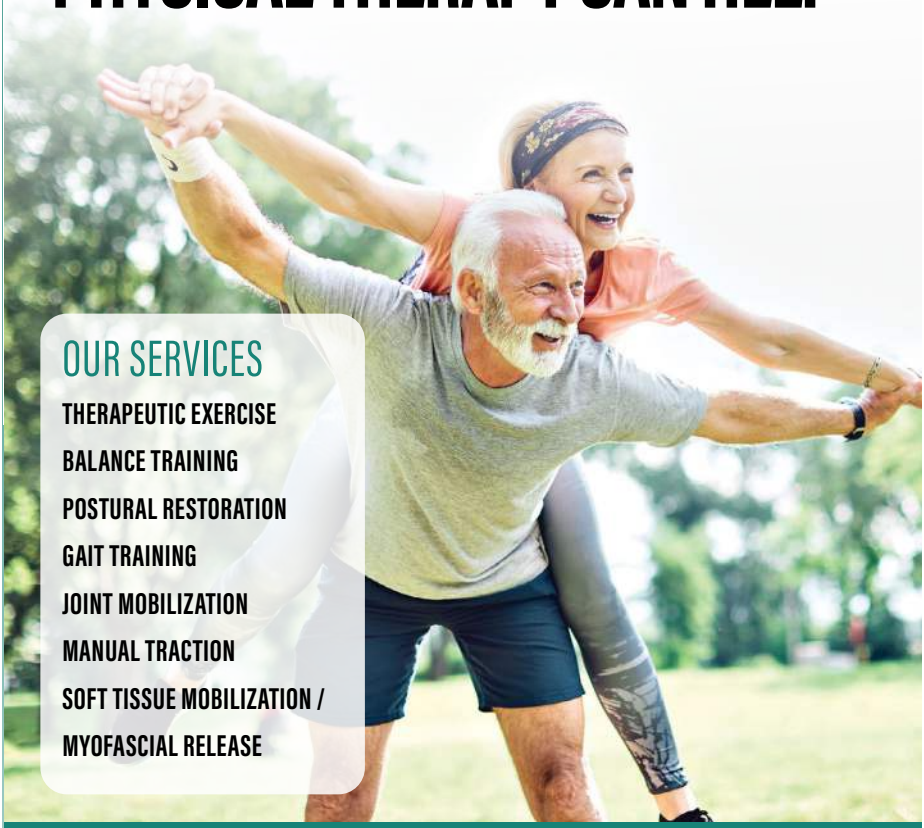
NEWSLETTER

OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP



OUR SERVICES

- THERAPEUTIC EXERCISE
- BALANCE TRAINING
- POSTURAL RESTORATION
- GAIT TRAINING
- JOINT MOBILIZATION
- MANUAL TRACTION
- SOFT TISSUE MOBILIZATION / MYOFASCIAL RELEASE

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NEWSLETTER

OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP

INSIDE:

- How Can Physical Therapy Help Osteoarthritis?
- Staff Spotlight
- Relieve Pain In Minutes
- Healthy Recipe

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.

SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHES AND PAINS!

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How Can Physical Therapy Help Osteoarthritis?

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.**

Sources: https://www.aota.org/~/media/Corporate/Files/AboutOT/Professionals/WhatIsOT/PA/Facts/Arthritis%20fact%20sheet.pdf
https://www.arthritis.org/

CALL US TODAY TO SCHEDULE AN APPOINTMENT (907) 562-2118.

VEGETARIAN BLACK BEAN TACOS

INGREDIENTS

For the beans:
- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

For the tacos:
- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from 1/2 small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

INSTRUCTIONS

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

https://www.skinnytaste.com/black-bean-tacos/

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Staff **Spotlight**

WELCOME OUR NEW DPT DR. CALEB CROSS, DPT

Dr. Caleb Cross was born and raised in Texas. He graduated with honors, receiving a Bachelor of Science in Education, with a focus in Kinesiology, from the University of Arkansas. Caleb also completed his Doctor of Physical Therapy degree with honors at the University of Central Arkansas in 2015. Caleb worked in the Yakima Valley in Washington for three years as a Clinic Director and in Ketchikan, Alaska for two years. He is skilled in the use of many types of manual therapy to address problems with the joints, ligaments, tendons, muscles, fascia, and nerves of the body. Caleb also has techniques to address neurological conditions, chronic pain, and vertigo. Dr. Cross uses a combination of hands-on therapy and therapeutic exercise to reduce pain, improve alignment and help you return to the things that you love most in life after an injury, illness, surgery or if you suffer from a chronic condition. Outside of his clinical practice, Dr. Cross spends his time outside climbing mountains, fishing, hunting, mountain biking, and playing drums.

Relieve Pain In Minutes

Try this movement to find relief from leg pain.

Strengthens Legs

SimpleSet Pro
www.simpleset.net

STRAIGHT LEG RAISE

While lying or sitting, raise up your leg with a straight knee and your toes pointed upward. Hold for 10 seconds then repeat 6 times on both legs.

Do You Have Friends Or Family That Can't:

- ✓ **Move without pain**
- ✓ **Bend and move freely**
- ✓ **Balance confidently & securely**
- ✓ **Sit for long periods**
- ✓ **Walk for long distances**
- ✓ **Live active and healthy**

Name: _____

Refered by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

3 NATURAL WAYS TO **BEAT SPRING ALLERGIES**

Try these simple tips to protect you from spring allergens!

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.

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"Our Mission is Movement!"