



NEWSLETTER



REMAIN ACTIVE BY RELIEVING ARTHRITIS PAIN

OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE



NEWSLETTER



REMAIN ACTIVE BY RELIEVING ARTHRITIS PAIN

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain.

Fortunately, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Wise Physical Therapy, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and find out how our services can benefit you!

Here are two common types of arthritis:

Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the "wear and tear" type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects

the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

How physical therapy can help relieve arthritis pain:

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACES AND PAINS!**

www.wisept.com

WHAT TO EXPECT FROM PHYSICAL THERAPY



Physical therapy at Wise Physical Therapy helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- **Move your joints multiple times a day.** Don't sit for more than 30 minutes.
- **Don't overdo it;** stop if you notice swelling in your joints.
- **Keep the impact low.** Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- **Apply heat** to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.
- **Ice afterward.** Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

Contact us today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about arthritis relief, contact Wise Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>

<https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true>

<https://link.springer.com/article/10.1007/s10067-020-05054-y>



Phone: (907) 562-2118
www.wisept.com

HOW ARE WE DOING? LET US KNOW!

Wise Physical Therapy would like to wish you and your loved ones a Happy New Year! Please leave us a review and let us know how we did in 2021. We look forward to seeing you again in 2022!



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

VALENTINE'S RASPBERRY SMOOTHIE



INGREDIENTS

- 1 cup almond milk/milk of choice
- 1/2 cup ice
- 1/2 cup nonfat vanilla greek yogurt
- Fresh raspberries for garnish (optional)
- 1 tbsp white chocolate chips
- 3/4 cup frozen raspberries

DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

RELIEVE PAIN IN MINUTES

Try this movement to relieve knee pain.

Helps Relieve Knee Pain

 SimpleSet Pro
www.simpleset.net

SINGLE LEG STANCE - FORWARD

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



PATIENT SUCCESS STORY



"Dr. Keith changed my world..."

"Dr. Keith changed my world, she helped me with all of my issues. She's amazing. I would recommend Wise Physical Therapy to anyone!" - **Christine B.**



Do You Have Friends Or Family That Can't:

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

Name: _____

Referred by: _____

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

Call (907) 562-2118 Today!

FOLLOW US! Look and feel your **BEST.**



"Our Mission is Movement!"



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