

Wright

PHYSICAL THERAPY

JOINT • SPINE • SPORT

**WRIGHT
PHYSICAL
THERAPY FOR
ARTHRITIS
PAIN**

INSIDE

HOW YOUR EATING HABITS AFFECT YOUR JOINTS

wrightpt.com



WRIGHT PHYSICAL THERAPY FOR ARTHRITIS PAIN

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.

Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and 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 overweight/obese and those over the age of 50.

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.

Call Wright Physical Therapy today to make an appointment.

Continued inside.

EXERCISE TO TRY AT HOME

Shoulder Extension (Cane)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly. Repeat 10 times and switch to the other arm.



HEALTHY RECIPE

Chocolate Shamrock Shake!



INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- Scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

Directions: Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

WRIGHT PHYSICAL THERAPY FOR ARTHRITIS PAIN

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Solution 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, Wright's 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
- Weight loss recommendations
- Joint protection and energy conservation
- Modifying activities and environments
- Use of assistive technologies

Wright 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. Wright's physical therapists will assess your particular condition to identify the contributing factors and address all of them.

Your Wright physical 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 – Wright 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, Wright Physical Therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain.

Wright's 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. Wright 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 Wright 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!

CALL 208.736.2574



HOW YOUR EATING HABITS AFFECT YOUR JOINTS

Relieving arthritis or joint pain may be easier than you think! The solution may be as simple as paying attention to what you are eating in order to avoid inflammatory foods that often lead to pain.

What Inflammatory Foods Lead to Pain?

Eating highly processed foods (such as pasta, bread and crackers—especially those containing gluten) creates inflammation in the body. This inflammation then leads to the actual physical pain that you may feel in your knees and joints since the joints are particularly vulnerable to inflammation.

Foods with gluten, trans fats, found in snack foods like chips and pastries, and high sugar, that handful of M&M's from your coworker's desk, all cause inflammation. For many people, dairy products are also inflammatory. Eating these types of foods over a long period of time means more and more inflammation throughout the body and ultimately more pain.

While changing your food sounds simple, many need more guidance and support, which is why a nutrition consultation, is often helpful. However, you can take our tips above and start alleviating your pain today!

ARE YOU LOOKING TO BECOME STRONGER, FASTER, AND HEALTHIER?

WRIGHT PHYSICAL THERAPY CAN HELP YOU MEET YOUR GOALS – NO MATTER YOUR AGE OR PHYSICAL CONDITION!

Wright Physical Therapy can help you get started on a safe and effective fitness plan tailored to your needs and goals. Call today for an appointment and become the best you can be.

CALL TODAY! 208.736.2574



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PATIENT SUCCESS

"Wow! What a difference! Came in for arthritis issues in my knees, and the team at Wright taught me so much. If I would have had a clue that physical therapy with a team like Wright's was going to help this much, I would have started 20 years ago. They know how to keep your mind busy so that you are not as focused on the gain...all while improving your situation. Super friendly and you can tell they genuinely care about their patients. The knowledge is tops. And the positive atmosphere is motivating. I knew nothing about this team prior to therapy, and now I want more!" – J.S.



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

Thank you!

Are you in pain?

Come see us at Wright PT!



Scan the QR code to schedule your appointment

Schedule your appointment today!

wrightpt.com

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