

Arthritis



Improve Strength, Reduce Pain

Physical Therapy is a great treatment option for arthritis to personalize a specific program for your condition to improve your strength and flexibility while reducing inflammation and pain.

Arthritis is inflammation in one or more joints in the body causing joint pain and stiffness.

Common Types of Arthritis:

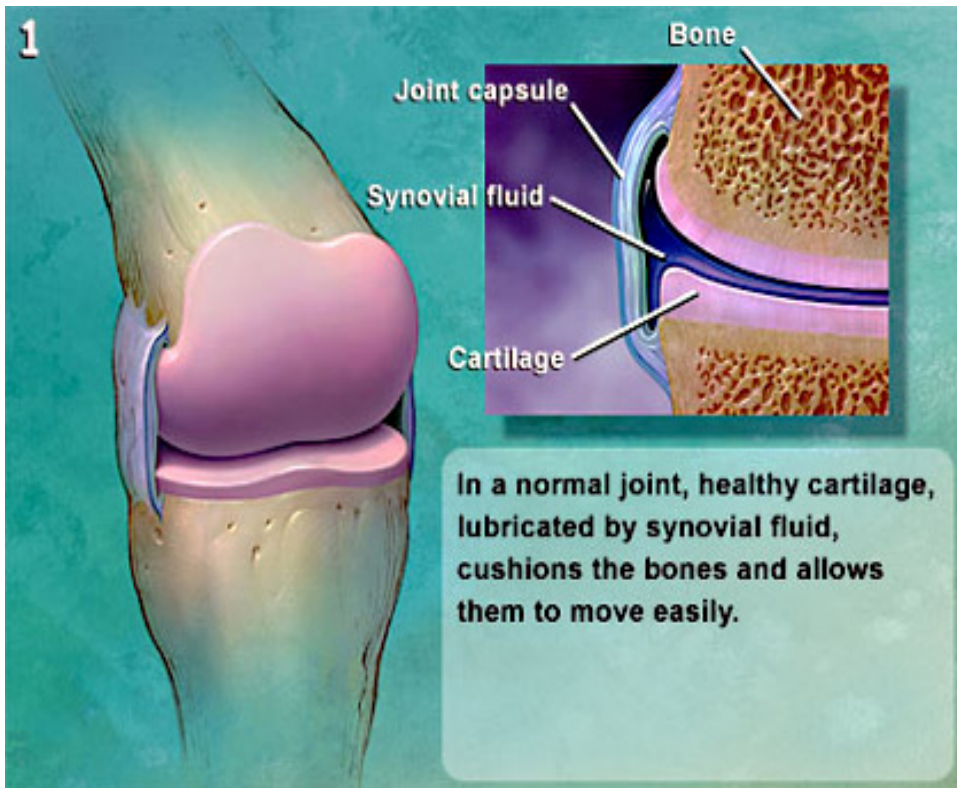
Osteoarthritis is the most common type of arthritis and occurs when the protective cartilage on the ends of your bones wears down over time typically affecting joints in your hands, knees, hips and spine.¹

Rheumatoid arthritis is an autoimmune and chronic inflammatory disorder that typically affects the small joints in your hands and feet. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the synovial lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity.²

Physical Therapy Treatments:

Physical Therapy is a great treatment option for those with mild-moderate cases of Arthritis. We can personalize a specific program for your condition to improve the strength and flexibility in the joints affected while reducing inflammation and pain.

Aquatic Physical Therapy is beneficial for those with more severe cases of arthritis that don't tolerate land-based exercise. The buoyancy of the water helps to reduce the load on your joints allowing you to tolerate exercise and movement to strengthen your joints. See aquatic handout for more information. *(continued on page 2)*



Other treatments to help decrease referral pain and inflammation include:

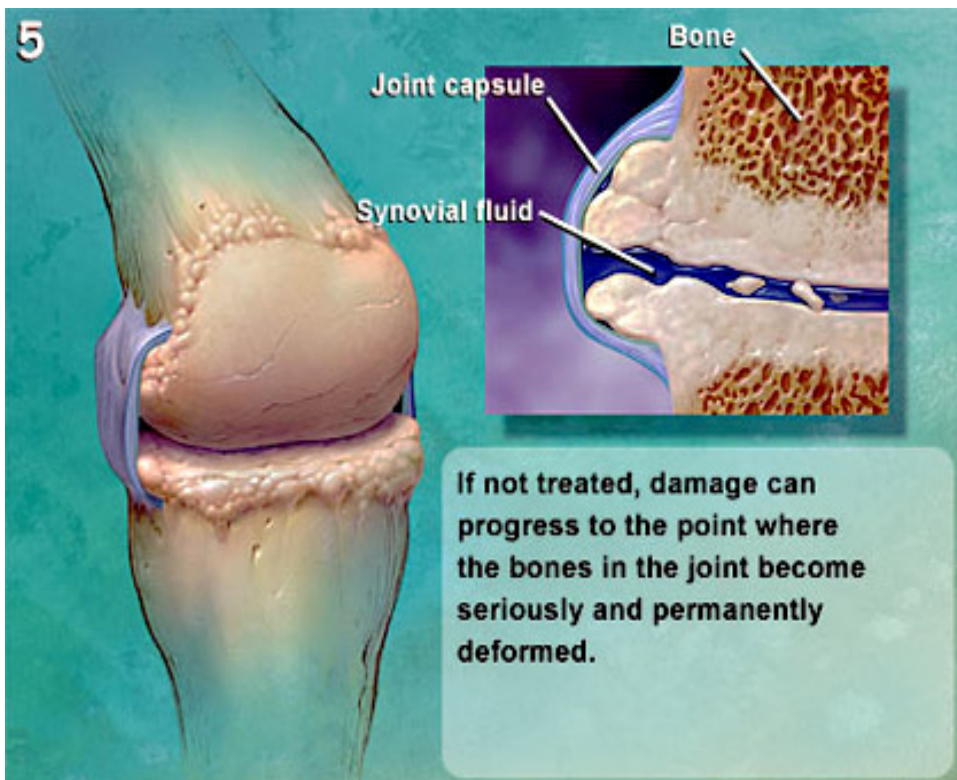
- LED/Laser Treatments,
- Functional Dry Needling
- ASTYM
- Therapeutic Exercise Programs

Arthritis Prevention

There is no sure way to prevent arthritis but some risk factors are considered to be modifiable. These behaviors include maintaining a healthy weight to help reduce the load on the joints, not smoking to improve the circulation of your blood, and staying active to help lubricate your joints.³

Fast Facts about Arthritis:

*More than 50 million adults are diagnosed with arthritis.
That's 1 in 5 people over age 18*



References

1. <http://www.mayoclinic.org/diseases-conditions/osteoarthritis/basics/definition/con-20014749>
2. <http://www.mayoclinic.org/diseases-conditions/rheumatoid-arthritis/basics/definition/C0N-20014868>
3. <http://www.arthritis.org/about-arthritis/understanding-arthritis/arthritis-prevention.php>
4. <http://www.arthritis.org/about-arthritis/understanding-arthritis/arthritis-statistics-facts.php>
5. https://www.google.com/search?q=arthritis&biw=1280&bih=673&source=lnms&tbn=isch&sa=X&ved=0CAcQ_AUoAmoVChMIiMittvfoxwIVxpANCh2WLO_O-tbn=isch&q=osteoarthritis&imgcr=yMnQCNwOnPJZPM%3A