

# NEWSLETTER



## RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

2022

Arthritis And  
Physical Therapy

Exercise Of  
The Month

The Importance Of  
Healthy Knees When  
Using The Stairs



## RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

### WHAT IS ARTHRITIS, EXACTLY?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

### WHAT CAUSES LOWER BACK, HIP AND KNEE ARTHRITIS?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

### Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at Albanese Physical Therapy can get you moving pain-free again!



### Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 847-1200



# ARTHRITIS AND PHYSICAL THERAPY

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

<https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>  
<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>  
<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>  
<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

## EXERCISE OF THE MONTH

### KNEE EXTENSION STRETCH

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.



Exercises copyright of  
 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)



## FEEL BETTER BY EATING BETTER

### SPINACH & EGG SWEET POTATO TOAST

- 1 large slice sweet potato (½ inch thick)
- ⅓ cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
- ½ teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

# THE IMPORTANCE OF HEALTHY KNEES WHEN USING THE STAIRS



Strengthening the muscles around the knee will decrease the stress on the joint itself. These muscles include the quadriceps at the front of the thigh and the hamstrings at the back of the thigh. Both of these large muscle groups get a workout when you climb stairs. Your own weight is enough to make stair climbing a challenge.

Stair climbing also benefits the knees indirectly by helping to manage your weight. By walking up steps for just five minutes, you can burn about 45 calories. If you do that five times per week, that's 225 calories. Doing it 50 weeks a year can burn 11,250 calories. A pound is about 3,500 calories, so with a little stair climbing most days of the year you can lose more than three pounds.

Ready for a little more math? If you're 10 pounds overweight, you're adding 30 to 60 pounds of additional pressure on your knees with every step. Climbing stairs can help you take pressure off the joints by burning calories and dropping pounds.

If you have knee pain for any reason, don't ignore it. Rehabilitation such as exercise can often ease the pain and make walking enjoyable again. If your knee condition requires more care, see a knee specialist at Albanese Physical Therapy. Learn what we can do to relieve your knee pain and improve your quality of life.

## STAFF SPOTLIGHT



Dana Tabay joined the Albanese Physical Therapy team in December 2020 as the Administrative Assistant and Physical Therapy Aide. Prior to joining APT, Dana worked for Optimal Physical Therapy as a Physical Therapy Aide. Dana's passion for helping people extends outside of the office walls.

In 2010, Dana founded WPA Swim America, an organization that taught life saving skills through swimming. Following the success of WPA Swim America, Dana started the New Brighton Lion Aquatic Club.

Dana attended Thiel College where she majored in Speech and Hearing Science and Elementary Education. Dana also attended Southern New Hampshire University where she studied Sports Management.

Dana lives in New Brighton with her husband Joseph and their four children Madeline, Nicholas, Jameson and Christian. Dana is extremely active in the community where she is a member of Our Lady of Valley Church, a Board of Director of the New Brighton Rotary Club, the current District President for the VFW Auxiliary District 25, and Founder of the WPA Gold Star Game where she honors local fallen heroes at high school football games. Dana is also committed to working with our American Legion Riders Post 580 and Legacies Alive. Dana is looking forward to working alongside Rich and helping patients reach 100% of their rehabilitation goals.

Rich was professional and friendly and Dana was very helpful too. We made a plan, set goals and set a timetable for recovery and preparation for an upcoming surgery. I have already committed my physical therapy with Rich for my left knee! Thanks Rich!

M. D.

Google Review



### FIND US

801 Fifth Ave  
New Brighton, PA 15066

### OUR HOURS

Monday & Tuesday: 8 AM - 5 PM  
Wednesday: 8 AM - 12 PM  
Thursday & Friday: 8 AM - 5 PM  
Saturday & Sunday: Closed

### CONTACT US

(724) 847-1200

rich@albanesephysicaltherapy.com  
albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY

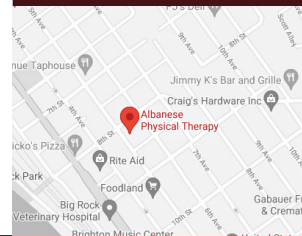


Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM



# IT'S YOUR **LUCKY DAY**

This year marks our 18<sup>th</sup> Anniversary of Albanese Physical Therapy. We want to do something special to celebrate! This is our **BIG THANK YOU** for allowing us to serve you. To thank you, our valued customers, we are having a day of completely free exams for:

- All past clients who have not been seen in PT for more than 3 years.
- All present clients who have another problem currently not being treated.
- All loved ones; family, friends, neighbors and co-workers of our past and present patients.

**Join me on Wednesday, March 16, 2022 from 8am to 1pm at  
Albanese Physical Therapy for a day of FREE EXAMS!**

*You will leave here with the following:*

- Cause of your pain or problem.
- A plan of what successful treatment looks like.
- Exercises to get you started with pain relief.

**Call now to save your spot!  
(724) 847-1200**

# IT'S YOUR LUCKY DAY!

## A ONE DAY SPECIAL OFFER FOR ALL PRESENT AND PAST PATIENTS OF ALBANESE PHYSICAL THERAPY!

This March marks the 18th Anniversary of physical therapy being practiced at this location. Albanese Physical Therapy wants to do something special to celebrate! This is our BIG THANK YOU for allowing us to serve you. To thank you, our valued customers, we are having a day of completely free exams for:

- All past clients who have not been seen in PT in more than 3 months.
- All present clients who have another problem currently not being treated.
- All loved ones, family, friends, neighbors and co-workers of our past and present patients.

If you are a past or present patient, then call (724) 847-1200 to schedule your free exam. If you are referring a friend or family member, give them the certificate included in this letter and have them call (724) 847-1200 to schedule their free exam. The day of Free Exams will be on: **Wednesday, March 16, 2022 from 8AM to 1PM.**

The free exam consists of a 30 minute one-on-one appointment with Rich Albanese, PT. He will talk to you about the history of your problem. He will take measurements to test how well you are moving and test your strength. After a thorough exam, he will give you a written copy of:

- The cause of your pain or problem.
- A plan for successful treatment.

The appointments are free, but there are only 10 spots available. Call (724) 847-1200 now to schedule your free exam. *The free exam is ideal for people suffering with:*

- Lower Back Pain
  - Arthritis
  - Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems Walking

If you are having pain or problems with day-to-day activities such as walking, standing, sitting for long periods, going up or down steps, getting in and out of the car, sleeping, or driving, then this is an excellent opportunity to see one of our world-class therapists and find out the cause of your problem. Call (724) 847-1200 to schedule your free exam for March 16, 2022.

Sincerely,

A handwritten signature in black ink that reads 'Rich'.

Rich Albanese, Physical Therapist



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New Brighton, PA 15066

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(724) 847-1200

E-Mail:  
rich@albanesephysicaltherapy.com