

NEWSLETTER



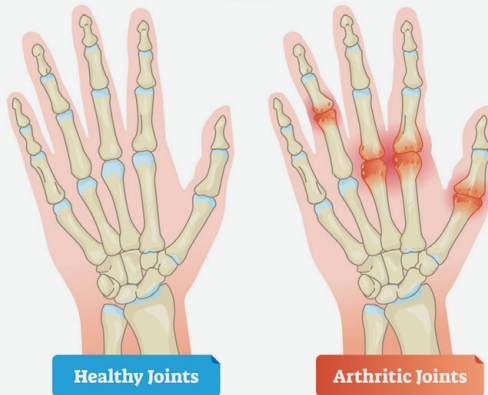
RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PHYSICAL THERAPY

2022

Hand Therapy
For Arthritis Relief

Exercise Of
The Month

4 Easy
Fall Fitness Tips



RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PHYSICAL THERAPY

Have you noticed that it's more difficult to grip and make a fist? Do you have stiff, achy fingers and hands? You are likely experiencing the effects of arthritis.

At Albanese Physical Therapy, our therapists are experts at treating the different types of arthritis that cause your hands to hurt. We can help teach you strategies to manage your arthritis to use your hands with less pain!

You use your hands and fingers hundreds of times throughout the day for both basic and complex tasks. Unfortunately, arthritis limits your ability to move freely and makes it difficult to do daily activities.

If you are living with arthritis, you're not alone. There are over 100 different types of arthritis that people are diagnosed with, and millions deal with limitations from the different types. Arthritis pain is directly correlated to the restriction of mobility in your joints, which in turn influences the health of your muscles, ligaments, and tendons.

Fortunately, our physical therapists are experts in treating arthritis in your hands. We will help restore the movement in your joints and strength in your muscles to alleviate arthritic inflammation and pain.

Contact Albanese Physical Therapy today, and let us help you relieve your pain so you can use your hands to do the things you love!

WHAT TYPES OF ARTHRITIS ARE FOUND IN THE HANDS?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common type of arthritis found in the hands. This type is the result of a gradual breakdown of cartilage in the joints. This breakdown can occur at any age but is most common after an injury or repetitive use of the affected

joint(s). Cartilage can no longer protect the joints when worn down, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis (RA) is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. Most experts believe that your hormones, genes, smoking, and environment could all contribute to the development of RA.

Has Your Pain Come Back?

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

(724) 419-8927

HAND THERAPY FOR ARTHRITIS RELIEF

People have found enormous success in arthritis relief through specialized physical therapy known as hand therapy. Hand therapy focuses on the upper extremity as a whole, including the wrist/hand, forearm, elbow, and shoulder. Hand therapists work toward returning the affected area to its highest level of function.

A therapist typically uses manual techniques to manipulate the affected arthritic area to release tension, swelling, and pain. Through massage and hands-on treatments, patients can find significant improvement — sometimes after just one session! In some cases, additional techniques, such as heat therapies, ultrasound, or paraffin wax therapy may also be used as part of your treatment plan to manage your pain and keep symptoms at bay.

However, one of the most significant roles of a therapist is prescribing targeted mobility and strengthening exercises to help you restore the use of your hands. These will be dependent upon the type and severity of your arthritis. Sometimes splints are needed to help you, especially at night.

Your therapist will also work with you on strategies and modifications that help you function better. Teaching you about your pain and how to manage it can help you get over the hump and regain your independence in day-to-day tasks and improve the quality of your life.

WHAT TO EXPECT AT YOUR HAND THERAPY VISIT

Your therapist will provide you with the necessary stretches and exercises to keep up with the progress you made during your sessions. It is crucial to make sure you complete these stretches and exercises independently so your arthritis doesn't worsen.

By combining findings from your exam, our therapists can determine the underlying pathology and provide appropriate treatment to optimize your outcomes. Your treatments will aim to relieve pain, promote healing, and relearn or modify activities to make daily life easier.

CALL TODAY TO MAKE AN APPOINTMENT

A large part of therapy for your hand is helping you improve your range of motion, strength, and overall function so you can safely and comfortably perform your daily activities once again. At Albanese Physical Therapy, our team will work closely with you to determine which course of treatment will be best for your specific needs. Contact us today to schedule a consultation to learn more about how hand therapy can relieve your upper extremity arthritis.

Sources:

<https://www.sciencedirect.com/science/article/abs/pii/S0894113017302818>

<https://pubmed.ncbi.nlm.nih.gov/32365314/>

<https://academic.oup.com/rheumatology/article/45/5/577/1788575>

EXERCISE OF THE MONTH

WRIST EXTENSION STRETCH

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.



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FEEL BETTER BY EATING BETTER

PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

CLINIC NEWS

"Last month we sent our oldest son Joe off to college. He will be attending the Indiana University of Pennsylvania (IUP) Eberty School of Business where he will be majoring in International Business and minoring in Spanish. He is a recipient of the Sutton and Honors Business School Scholarships and has been directly accepted into the M.B.A. 4 plus 1 program where he can get his bachelor's and master's degrees in 5 years if should choose to pursue that route.



During his high school career, he was involved in student government serving as class president his freshman through junior years, student council, inducted into and president of the National Honor Society, played on the golf team for 3 years and captain his senior year, ran track, on the football team his freshman year and served on various committees. He also has been active in the community with volunteer work through the Interact club and helping other organizations with service projects. He is a member of Concord United Methodist Church and has volunteered for many things within the congregation including giving the children's message during service.

Joe has made my wife and I very proud with his academics and all his accomplishments throughout his high school career and are very happy to send him off to his next chapter in life."

- Rich Albanese

4 EASY FALL FITNESS TIPS

1. Adjust your body temperature.

Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat – probably because it lowers your heart rate as well as core and skin temperatures.

2. Get the dirt.

Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

3. Cool down with essential oils.

Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

4. Refuel with fruit.

They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

Put the cool factor back into your workout routine with these tricks this summer! Always remember to stay hydrated and listen to your body to avoid dehydration or stressing any muscles.

My experience from the minute I walked in the front door was exceptional. Dana and Rich couldn't have made my sessions any more relaxing and comfortable. Top notch therapy!

R. H.

5-Star 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

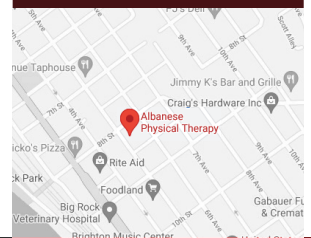
CONTACT US

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@ALBANESEPHYSICALTHERAPY



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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