

NEWSLETTER



PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS PAIN

2023

Physical Therapy
Solutions For Arthritis

Nutritious Summer Foods
For Arthritis Relief

Easy Lemon
Rosemary Salmon



PHYSICAL THERAPY SOLUTIONS 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!

Call (724) 419-8927 today to make an appointment.

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 is one of the leading 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 those who are 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.

SOLUTIONS 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, 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



Has Your Pain Come Back?

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

(724) 419-8927



FREE SCREENING

Schedule your free screening today!

(724) 419-8927

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. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Your 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

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.

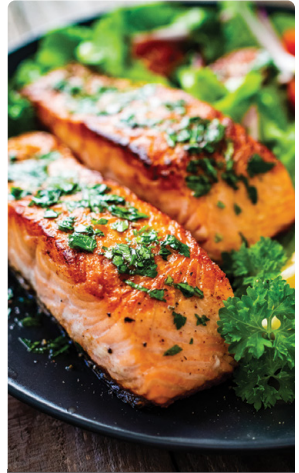
In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

CONTACT OUR CLINIC TODAY

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. 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 Albanese 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!

Source
<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/1471-2474-10-9>
<https://pubmed.ncbi.nlm.nih.gov/32344594/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
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<https://www.frontiersin.org/articles/10.3389/fmnm.2021.631291/full>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4756423/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>
<https://pubmed.ncbi.nlm.nih.gov/25785564/>
https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx



FEEL BETTER BY EATING BETTER

EASY LEMON ROSEMARY SALMON

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

<https://www.allrecipes.com/recipe/80388/lemon-rosemary-salmon/>



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



I have been in rehab for several years. I find that Albanese PT is the best! I like the hands-on therapy and the exercises really help a lot! I can now walk up the stairs normally which I couldn't do before. Thank you so much.

5-Star Google Review

COOL DOWN THE INFLAMMATION:

NUTRITIOUS SUMMER FOODS FOR ARTHRITIS RELIEF

Have you been looking forward to spring cookouts and barbeques all year? It's finally summer, which means the time has come to dust off your grill and pick up your apron from the shelf. However, in the midst of all of the excitement, it's important to remember to eat healthy.

This is especially true for individuals with arthritis. Eating too much or the wrong foods can trigger inflammatory responses, resulting in muscle, nerve, or joint pain.

Certain foods have been shown to reduce inflammation, while others have been shown to aggravate it.

This might sound intimidating, but it's good news! You have the power to lessen your pain and inflammation by making healthy food choices. Here are some examples of tasty foods you can prepare this summer while also being conscious of your health:

Swap burgers for salmon with lemon and savory summer herbs.

Studies have shown that eating red and processed meat on a regular basis increases the risk of type 2 diabetes, coronary heart disease, stroke, and certain cancers, particularly colorectal cancer.

Salmon, on the other hand, is high in omega-3 fatty acids and vitamin D—two elements that improve joint health, boost immunity, and protect against inflammation.

Replace ketchup and mayo with salsa

Did you know that ketchup packs roughly 2 teaspoons of sugar per tablespoon? Or that mayo is high in unhealthy fats?

Instead of these common condiments, try something new this spring! Salsa is high in nutrients and low in calories, with only four to five calories per tablespoon and no fat. And it tastes great!



FIND US

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New Brighton, PA 15066

OUR HOURS

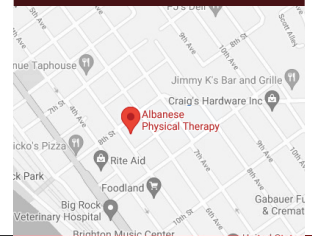
Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

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!

ALBANESEPHYSICALTHERAPY.COM