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HOW PHYSICAL THERAPY CAN IMPROVE ARTHRITIS SYMPTOMS

Read more inside on Solutions for Arthritis Pain,
5 Exercise Tips to Help Your Back and Knees, and a Healthy Recipe!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



HOW PHYSICAL THERAPY CAN IMPROVE ARTHRITIS SYMPTOMS

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 Darien Physical Therapy today at (203) 655-6464 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.



Don't Just Tolerate Pain, Relieve It!
Call (203) 655-6464 today!



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
- 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 Darien 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
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Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

5 EXERCISE TIPS TO HELP YOUR BACK AND KNEES

Have you ever wondered what exercises help back pain or make your knees feel better? Our physical therapists focus on solutions at Darien Physical Therapy and will guide you through the exercises that work!

If you search online to find exercises to help you resolve your pain or prevent it from happening, you will get various recommendations. Part of the confusion lies in that there are multiple "possible" sources for pain, and each one will respond differently depending on the diagnosis.

Fortunately, some safe, effective exercises help provide relief for people suffering from pain, including the following:

- **Backbends and/or press-ups:** We spend most of our lives slouched over. Performing back extensions (back bends) helps offset the time bent over.
- **Glute stretches:** Sit with one foot resting on the opposite knee. Gently lean forward until you feel a stretch in your buttock muscles. This is a common area of tension, and this stretch can help alleviate it.
- **Core activation:** Try lying on your back and gently press your lower back into the ground without moving your pelvis. Maintain the pressure of your lower back on the floor and



alternate lifting your feet off the ground. Learning to engage your core correctly helps reduce the risk of injury.

- **Bridges:** Try lying on your back with your knees bent and feet flat on the ground. Strengthening back and butt muscles helps alleviate pain and pressure in your spine and lower extremity joints. Brace your torso while you lift your buttock into a bridge.
- **Chair squats:** Standing in front of a chair and lowering yourself down using your legs while keeping your posture tall until your buttock touches the chair. Then stand up and repeat. Hold a weight on your chest while performing this exercise to increase the intensity. The weight challenges your core muscles and is helpful for the lower back. This simple exercise helps improve your tolerance to climbing stairs, getting up and down from the toilet, and basic everyday tasks.

Physical therapists are movement experts and can teach you the exercises that will help your specific condition so you can get back to doing what you love!

Sources:
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Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy; just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



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/>

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!