



# OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP



As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis.

*(Read more inside...)*

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AGEWELL PT IS CELEBRATING 15 YEARS OF PROVIDING INDIVIDUALIZED AND CARING PT TO EACH OF OUR VALUED CLIENTS!

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**AGEWELL**  
Physical Therapy & Wellness, P.C.

N E W S L E T T E R



# OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP

*(Continued from outside)*

According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

## Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis

can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

**As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:**

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.

**Get Moving Today with AgeWell Physical Therapy! Call 516.488.8808 to talk with your physical therapist!**

# HOW CAN PHYSICAL THERAPY HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions.

## **If you have arthritis, don't fret - there is hope!**

While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility.

## **Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love!**

**If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.**



## SEASONAL RECIPE: CHOCO-PEPPERMINT PROTEIN BALLS



### INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

### INSTRUCTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

# ENJOY THE HOLIDAYS WITHOUT OVEREATING

- 1. Don't Skip Meals.** Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.
- 2. Eat Small Portions.** Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.
- 3. Pick a Strategy to Avoid Overeating — and Use It!** There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really still are hungry.
- 4. Keep Moving.** Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.
- 5. Visit with a Registered Dietitian Nutritionist.** Need help figuring out how to politely refuse Aunt Sally's push to fill your plate again? How about ways to stick with your personal lifestyle goals? For more information on eating well, contact a registered dietitian nutritionist in your area.

Sources:

<https://www.eatright.org/health/lifestyle/holidays/how-to-enjoy-the-holiday-without-the-weight-gain>

## EXERCISE ESSENTIALS

### HELPS RELIEVE BACK PAIN

#### STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold this position for 3-5 seconds. Repeat as necessary.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



## WE'RE OPEN!

We're happy to announce that we're open and accepting patients! We're taking all precautions recommended by the CDC for your safety. Your cooperation in this tough time is what makes us able to continue to provide valuable services to you and your family. We appreciate your support!

## IN-OFFICE SPECIAL TESTING SERVICES

AgeWell PT offers in-house electrodiagnostic testing and musculoskeletal diagnostic ultrasound testing for all of our patients. We hope our therapy patients take advantage of these tests to improve their rate of recovery and therapy outcome.

## FOR YOUR CONVENIENCE AGEWELL ALSO OFFERS ONE-TO-ONE "IN HOME" PHYSICAL THERAPY!

*This is covered by Medicare and other insurance plans.*

Call us now to schedule your appointment!