



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



**WE'VE BEEN VACCINATED!**

Read more inside on the measures we're taking to keep you safe in our clinic!

*Ask About  
Our FREE  
Transportation!*

**ARE YOU LIVING WITH  
ARTHRITIS PAIN?  
THERE IS HOPE – PHYSICAL  
THERAPY CAN HELP!**

Read more inside on How Physical Therapy Can Help Arthritis,  
4 ways to Make Sure Your Home Is Safe, & a 5-Star Review!

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)

# ARE YOU LIVING WITH ARTHRITIS PAIN? THERE IS HOPE – PHYSICAL THERAPY CAN HELP!



Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine? **You could be suffering from osteoarthritis.**

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there’s a lot that you can do to alleviate the pain and improve your function, joint movement, muscle strength, balance, and coordination. It’s even possible to eliminate symptoms, depending on the amount of arthritis you have.

**Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!**

## What Is Arthritis, Exactly?

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the “wear and tear” form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

## What Causes Osteoarthritis?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race),
- Specific bone/joint shapes
- There are also physical risk factors associated with increased osteoarthritis including:
  - Joint injury
  - Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
  - Participation in sports (i.e. contact sports)
  - High flexor muscle weakness and knee osteoarthritis
  - Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

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

**Get Your Life Back with  
AgeWell Physical Therapy**

*Give us a call today at (516) 488-8808  
or visit [www.AgeWellPT.com](http://www.AgeWellPT.com)*

**Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!**



## HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

### Call Our Clinic Today

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Source  
<https://pubmed.ncbi.nlm.nih.gov/32364594/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>  
<https://www.hopkinsarthritis.org/arthritis-research/>  
<https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full>  
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**Let's Get You Back To Feeling Your Best!**

Scan the QR code above or call us at (516) 488-8808  
to schedule your next appointment!

# 4 WAYS TO MAKE SURE YOUR HOME IS SAFE

Are you looking for tips on how to make your home safer? Did you know there are simple steps you can take to make your home safer and reduce your risk of falling? At AgeWell Physical Therapy & Wellness, P.C., our physical therapists will guide you through activities and tips to make your home safer so you can reduce your risk of falling!

*There are a lot of changes you can make to your home that will help ensure your safety, the most critical include:*

- 1. Make sure your house is tidy:** Clean up books, papers, clothes, and shoes on the floor or stairs. Too often, a minor obstacle leads to a trip and fall.
- 2. Remove throw rugs or small area rugs:** Make sure your carpets are fixed firmly to the floor so that they won't slip. Put no-slip strips on tile and wooden floors.
- 3. Make sure there is good lighting:** Proper lighting and easy-to-find light switches at the top and bottom of stairs and on each end of a long hall can ensure your safety.



**4. Have handrails on stairs and in bathrooms:** More importantly, use them! Hold the handrails when you use the stairs, up or down, and when you get in and out of the tub/shower.

Once you have considered the environment of your home, make sure you also address the individual living there, you! The safety of your home also depends on you making good decisions. Inactivity affects your safety and may lead to more complications from a fall or injury. Fortunately, a proactive approach will reduce the risk of falling and keep you safe around your home!

Sources:  
<https://www.nia.nih.gov/health/fall-proofing-your-home>  
<https://www.ncoa.org/article/6-falls-prevention-steps-to-help-your-older-loved-ones>

*"AgeWell is exactly what the name is, my PT sessions allowed me to regain the use of my knee, allowing me to return to the gym and all the things that I enjoy. The staff were very professional, courteous, helpful and friendly, felt like family. They understood the nature of the injury and the therapy needed to bring it back to health. I cannot say how much I appreciate their dedication."*

- 5-Star Review



## WE NEED YOUR HELP!

Would you take a moment to share your AgeWell 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!

## WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

Call (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!