



**Priority
Physical
Therapy**

Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*



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RELIEVE ARTHRITIS THIS WINTER!



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**GUESS WHAT?
JUST IN TIME FOR THE NEW
YEAR, OUR WEBSITE GOT A
WHOLE NEW LOOK!
WWW.PRIORITYPT.NET**

RELIEVE ARTHRITIS THIS WINTER!

Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Whatever may be causing your arthritis pain, Priority Physical Therapy can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!

How can Physical Therapy Relieve my Arthritis Pain?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility. When you arrive for your initial consultation at Priority Physical Therapy, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs. Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

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12 TIPS FOR RELIEVING ARTHRITIC PAINS AT HOME:

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s). However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:

1. Stretch multiple times a day.
2. Alternate between weight bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly-used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.

10. Eat nutritious foods.

11. Avoid fried foods, sodas, and other items that increase inflammation in your body.
12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best. Find relief for your arthritic pains today with Priority Physical Therapy!



CALL US TODAY! MISSOURI 573.769.6166 SOUTH CAROLINA 843.536.4888

STAFF SPOTLIGHT



Brittany Phillips, PTA

Brittany Phillips graduated from Midlands Technical College in 2011 with an Associates in Science in Physical Therapy. She began her PTA career in short term rehab/long term care for three years before transitioning to outpatient physical therapy.

ENJOY THIS SEASONAL RECIPE

Homemade Slow Cooker Apple Cider

INGREDIENTS

- 10 apples
- 10 cups water
- 3/4 cup brown sugar
- 5 cinnamon sticks
- 1 tbsp whole cloves
- 1 tsp ground allspice

INSTRUCTIONS

Cut your apples into quarters (Don't worry about removing the seeds). Place apples, spices, sugar and water into the slow cooker and cook on low for 3 hours. After 3 hours use an immersion blender. Cook for another 1-3 hours or until the desired flavor has been reached. Strain the liquids with a strainer covered with cheesecloth to remove any fine apple pieces. Place in airtight container in the refrigerator for up to one week.



FREE WORKSHOPS

Knee Pain Workshop December 15, 2020

6:30 PM | Palmyra, MO

1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166



Shoulder Pain Workshop December 15, 2020

6:30 PM | Florence, SC

2521 S. Cashua Drive
Florence, SC 29501
P: 843.536.4888



How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573-769-6166 • South Carolina 843-536-4888 now to register as we are taking only 25 attendees.

PATIENT SPOTLIGHT

Mandy in her devil Halloween costume going for a ride on Ms. Trudy's rollator.



TIPS TO PREVENT HOLIDAY STRESS

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

