



## Health & Wellness

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

# SOLVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY



## INSIDE:

- How To Identify & Treat Knee Arthritis
- Common Symptoms Of Knee Arthritis



**Priority  
Physical  
Therapy**

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## HOW TO IDENTIFY & TREAT KNEE ARTHRITIS

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

At Priority Physical Therapy our physical therapist, you can find solutions to your arthritic pain and get back to living the life you enjoy!

Osteoarthritis is the most common type of arthritis and is known to cause a gradual breakdown of cartilage in the joints. Over time, the condition will typically worsen, leading to inflammation, more 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.

If you live with stiff, achy, or painful knees, contact Priority Physical Therapy today to schedule a consultation.

Our dedicated physical therapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee(s).

### WHAT TYPE OF ARTHRITIS AFFECTS THE KNEE JOINT?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s).

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

**There are also physical risk factors associated with increased knee osteoarthritis, including:**

- Injury to the joint
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis

# COMMON SYMPTOMS OF KNEE ARTHRITIS

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It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

## The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

## HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

Your knee treatments will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

## GET STARTED TODAY!

At Priority Physical Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physical therapy!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/> - <https://www.sciencedirect.com/science/article/pii/S106345841931297X> <https://pubmed.ncbi.nlm.nih.gov/25785564/>



## STAY HYDRATED

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H<sub>2</sub>O.
3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

# SERVICE SPOTLIGHT: JOINT MOBILIZATION

Joint mobilization is an extremely helpful treatment option; however, many patients don't know about the benefits of it. Fortunately, joint mobilization is a type of manual therapy performed at our physical therapy clinics. With joint mobilization, your physical therapist can use his or her hands to mobilize an affected joint or may elect to use certain tools, including straps, to help deliver the desired treatment effect. This form of treatment involves the passive movement of specific joints using the skilled application of force, direction, and technique.

If you believe you could benefit from our joint mobilization techniques, contact Priority Physical Therapy today for more information!

## WHAT SHOULD I KNOW ABOUT JOINT MOBILIZATION?

Joints, formed by the articulating surfaces of two or more bones, depend on a combination of both stability and mobility in order to help you function efficiently and comfortably. Importantly, joints are supported by a wide variety of physiological structures including capsules, ligaments, tendons, cartilage, and muscle fibers, all of which can become injured and potentially benefit from physical therapy services, including joint mobilization.

You have hundreds of joints in your body, which come in a variety of types and sizes (such as a "hinge joint" in your elbow, a "ball and socket joint" in your hip, or a "saddle joint" in your thumb). The specific type, magnitude, speed, and frequency of joint mobilization performed depends on several factors, including the goal of treatment, the type of joint being targeted, and

even your own unique anatomy. The benefits of joint mobilizations include pain reduction, improved range of motion, and improved quality of joint movement itself (known as arthrokinematics).

## HOW DO I KNOW IF JOINT MOBILIZATION WILL BENEFIT ME?

Sometimes, a joint can become irritated, swollen, or misaligned as a result of injury, stress, poor posture, repetitive movement, or even as a result of age-related wear and tear.

When this happens, the joint may not move correctly and become stiff and painful. Nearby structures including muscles, tendons, and ligaments may become tense or injured as a compensatory effect of trying to support or stabilize the injured joint. This can lead to muscle weakness or even impingement and damage to nearby nerves. Joint mobilization isn't appropriate for all patients, and our skilled and experienced physical therapists can determine if it's right for you or a loved one.

Are you wondering if joint mobilization is right for you? If so, request an appointment at Priority Physical Therapy today to learn about our wide range of physical therapy services we offer. Drug-free relief from your joint or muscle pain is possible. Get your healing journey started today.



[WWW.PRIORITYPT.NET](http://WWW.PRIORITYPT.NET)



## DID YOU KNOW...

*July was named after the famous Roman general Julius Caesar by the Roman senate; as it was the month he was born in. Julius Caesar was a formidable military general and statesman who was largely responsible for changing the Roman Republic into the Roman Empire.*

## HEALTHY RECIPE: EGGPLANT PIZZA BITES

### INGREDIENTS

- 2 large eggplants, cut into 1/2" rounds
- Extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. shredded mozzarella
- 1/2 c. mini pepperoni
- 1/2 c. shredded Parmesan
- 1/4 c. finely sliced basil

**INSTRUCTIONS:** Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a48193/eggplant-pizza-bites-recipe/>



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