



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

Find Relief from Osteoarthritis Pain



Understanding
Osteoarthritis:
Symptoms & Causes

Recipe of The
Month: Black
Bean Burgers

Staff Spotlight

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority
Physical
Therapy**

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The Newsletter About Your Health And Caring For Your Body

For Our Palmyra Friends...



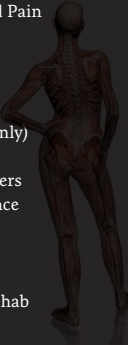
Scan this QR code to learn more about our 24 hour affordable gym and to get started on your 2024 goals.

Or Check It Out At: [Lead.me/beamsN](https://lead.me/beamsN)

Make Your Body A Priority

We Can Help you with:

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



Find Relief From Osteoarthritis Pain

Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee? Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones. Fortunately, physical therapy at Priority Physical Therapy offers several tools and techniques to help you manage your symptoms — often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

Call Or Text Us Today!

Missouri | 573.769.6166

South Carolina | 843.536.4888

PRIORITYPT.NET

Understanding Osteoarthritis: Symptoms & Causes

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:

- Pain during activity but not while at rest
- Pain when you press on the joint
- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet.

The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process — plenty of older people don't have it. But your chances of developing it do increase as you age.

Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

How Physical Therapy Helps Manage Osteoarthritis Symptoms

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our physical therapists will help you find an exercise program that suits your needs.

Here's how we'll do it:

- **Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- **Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- **Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength,

Exercise Of The Month: Thumb/Finger Opposition



Instructions: Touch the tip of your thumb to the tip of your index finger. Open hand and relax. Repeat by touching each finger to thumb. Repeat 3 sets, 20 reps each.



in particular, can help support and protect the joint so you can move more easily.

- **Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or water aerobics.
- **Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints. If needed, we can also show you how to use mobility aids (such as canes or walkers).

Sources: <https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis> • <https://www.who.int/news-room/fact-sheets/detail/osteoarthritis> • <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/benefits-of-exercise-for-osteoarthritis>

Don't Let Osteoarthritis Pain Hold You Back!

We know that living with osteoarthritis can be difficult, but the physical therapists at Priority Physical Therapy are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain. Ready to get started?

Call us to schedule your initial consultation today!

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Happy 8th Anniversary To Our Florence Clinic!



Celebrating Lauren & her dedicated team!

This month marks a significant milestone for our clinic in Florence, SC, as we proudly celebrate 8 years of providing exceptional physical therapy services! We are truly overjoyed and immensely grateful for the unwavering loyalty of our patients, whose trust and support have been the cornerstone of our success.

Your dedication motivates us to continually strive for excellence in care and service. As we reflect on this milestone, we are filled with appreciation for the privilege of serving such a wonderful community.

Here's to many more years of collaboration, growth, and shared achievements! Wishing you all continued health and success on your wellness journey.

Thank you!
Priority Physical Therapy Family

Staff Spotlight

Mazy is our new patient care specialist and assists her best friend and supervisor, Mandy. Mazy joined our team in January 2023. She brings energy and enthusiasm to our clinic. She can be seen walking throughout the gym and sitting near the entrance waiting to greet her next best friend.

Dogs are known to help people heal from physical as well as psychological ailments. Besides assisting humans in recovering from their disabilities, animals are increasingly being used to help with anxiety and stress. She greatly helps reduce any fears before starting physical therapy.

Mazy looks forward to seeing you in the clinic and assisting you through your healing journey.

Share Your Success! Scan To Share Your Story!

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



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