

# The Advance Bulletin

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

## *Relieve Arthritis Pain With Physical Therapy*



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- What Are Two Common Types of Arthritis?
- Exercises From the Owner
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**Advance Physical &  
Aquatic Therapy**

# The Advance Bulletin

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

**CALL  
US  
TODAY!**

## *Relieve Arthritis Pain With Physical Therapy*

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain.

Fortunately, at Advance Physical & Aquatic Therapy, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Advance Physical & Aquatic Therapy, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and find out how our services can benefit you!

### **WHAT ARE TWO COMMON TYPES OF ARTHRITIS?**

Arthritis is a general term that includes over

100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the "wear and tear" type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. 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.

Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

### **HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN**

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse.

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***We want to help  
you get back to a  
full, active lifestyle!***



**Call Our  
Office**

**610-544-8500**

**You Can Access Real Relief. Call 610-544-8500 and visit us online at [advanceaquaticpt.com](http://advanceaquaticpt.com)**

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

Treatment plans will include joint mobility exercises, targeted stretches, balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

### WHAT TO EXPECT AT PHYSICAL THERAPY

Physical therapy at Advance Physical & Aquatic Therapy helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.
- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.



Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

### CALL TODAY FOR AN APPOINTMENT

Call Advance Physical & Aquatic Therapy today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer - schedule your consultation today.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>

<https://academic.oup.com/rheumatology/article/37/6/677/1178347?login=true>

<https://link.springer.com/article/10.1007/s10067-020-05054-y>

## Schedule your APAT visits today - 610-544-8500

### Exercises from the Owner, Josh Green, MPT

Try this movement to relieve pain in your hand



### AROM HAND/FINGER TENDON GLIDE

Start with fingers straight. Make hook fist, return to straight hand. Make full fist, return to straight hand. Make straight fist, return to straight hand. Repeat for 3 sets of 20 reps on both hands.

Make sure to consult your practitioner before beginning an exercise you are unsure of.

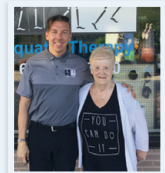


[advanceaquaticpt.com](http://advanceaquaticpt.com)

### APAT Patient Success Story



“When I first came in, I could hardly stand up because of my back. Now, thanks to the team at APAT, my back is 100% better, and I can stretch a lot more than I could before PT.” -L.O.



### Share the Love!

Scan the Qr Code on your smart phone and let other's know how Advance Physical & Aquatic Therapy has helped you!



Keep in touch with us on Facebook and Instagram to receive the latest updates about the clinic and information on workshops and events!



[fb.com/advanceaquaticPT](https://fb.com/advanceaquaticPT)



[tinyurl.com/AdvancePhyAq](https://tinyurl.com/AdvancePhyAq)

# The Team's Favorite Winter Activities

*This month, we wanted to share some of our favorite activities to do in the winter and during the holiday season. Hopefully they provide you with some good inspiration to get active and spend quality time with your friends and family this winter season!*

**Brianna** - "I enjoy taking my dog to Rose Tree Park to run around in the snow because we both love the white fluffy stuff!"

**Jen** - "I enjoy driving around town to look at Christmas lights with a couple of my best friends including a pit stop at a diner for tons of food and laughs."

**Josh** - "My family goes to the light show at Macy's and the Comcast building, the tree and village in Dilworth plaza, and dinner in the city."

**Kathleen** - "I enjoy going to the Blue Cross River Rink at Penn's Landing to go ice skating and enjoy a warm cider or hot chocolate."

**Julie** - "I really enjoy all day cookie bakes or making large Sunday meals to share with family and friends."

**Ryan** - "My family goes on an annual Christmas light tour hitting all the spots in New Jersey like The Hagerty Holiday Display and DiDonato's Holiday Express."

# Avoid the Winter Slump

Do you feel drained of energy and motivation during the winter months? Do you experience feelings of depression that are much stronger during certain times of the year? If you answered yes to either of these questions, you might have seasonal affective disorder or SAD.

SAD is a type of depression that is linked to seasonal changes — SAD begins and ends at roughly the same times each year. If you're like most SAD sufferers, your symptoms begin in the fall and last through the winter. In some cases, SAD can occur in the spring or early summer months and resolve in the fall and winter.

It is estimated that between 4% and 6% of people in the United States suffer from SAD. Another 10% to 20% may experience it in a milder form. SAD is also more common in women than in men.

At Advance Physical & Aquatic Therapy, we understand that SAD can be difficult to manage. That's why we compiled a list of ways you can help lessen your symptoms.

## Talk to your doctor

Because SAD is a form of depression, it's important to discuss your symptoms with a licensed professional. A doctor will be able to diagnose you with SAD and may recommend medication to help you manage your symptoms. If you believe you have SAD and don't know your treatment options, talking to your doctor is a great place to start.

## Try light therapy

According to a 2017 review published in the Einstein Journal of Biology and Medicine, bright light therapy or exposure to artificial light to help keep one's circadian rhythm on track is an excellent treatment option for SAD. A light therapy box is one way to experiment with bright light therapy.

## Get active

We know that when you're feeling depressed, getting active isn't always an easy thing to do. However, research shows that just 30 to 60 minutes of exercise a day can alleviate symptoms of SAD.

The great thing about exercising is that there is no shortage of options to choose from. You could try yoga to help alleviate stress and promote mindfulness or walk around your neighborhood while listening to a podcast. Anything is better than nothing, and as you build a routine, you'll find that getting out the door and getting moving becomes easier and easier.

If you struggle to find the motivation to exercise, consider signing up for a class, choosing a workout buddy to hold yourself accountable, or even getting a personal trainer.

