

NATURAL RELIEF FOR ARTHRITIS PAIN



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NATURAL RELIEF FOR ARTHRITIS PAIN

When you experience an injury, dealing with the pain that comes as part of the aftermath is expected. While painful, most of the time when recovering from an injury you can find comfort in the knowledge that the pain is temporary. As your body heals, as you go through the motions of building your muscle mass back and improving flexibility with physical therapy, you know that in time you will feel like yourself again. This knowledge gives you something to work towards, and helps the pain feel more manageable—even when it is intense, and never-fleeting.

Arthritis pain is different. Arthritis doesn't develop as a result of an injury, but instead develops over time as a result of chronic use, or even as a result of genetic disposition. This can make dealing with the pain of arthritis even more difficult to cope with, as it begs the question: if the pain is coming from inside the joint, is there anything I can actually do about it?

Understanding Arthritis Pain

Osteoarthritis is the most common chronic condition to affect the joints. Almost 30 million adults in the United States struggle with the condition, and while it can influence anyone of any age, it most frequently develops among those who are most prone to overuse—those who are over the age of 65.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage is what allows the joints in the elbows, ankles, knees and hips to move with freedom. Without cartilage, the bones would rub against one another with each movement, and would cause extreme pain.

As the cartilage breaks down, so, typically, does the bone, and as the shape of the joint changes it becomes even more difficult for it to function smoothly. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

While arthritis pain typically develops gradually, the realization of what you are dealing with can still come as a shock. In some circumstances the pain will appear more abruptly, especially when the pain develops in association with a change in weather or other environmental circumstance.

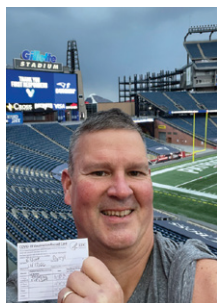
Overcoming Arthritis Pain

Turning to over the counter pain medications to cope with arthritis pain is ineffective as a long-term solution. While some of the medications may provide temporary relief, they will not help you overcome the pain for good. Physical therapy, on the other hand, can provide actual relief from arthritis by helping to rebuild strength in the joints through targeted movements and flexibility exercises.

There is a lot of current research trying to understand what precisely causes arthritis to develop in some people, and not in others. Everyone uses their joints every day, and while it makes sense that so much pressure would cause pain to develop over time, it doesn't explain why the pain develops when and where it does, and why it happens to some people and not to others.

GETTING OUR TEAM VACCINATED

Keeping Our Staff and Patients Safe



OVERCOMING ARTHRITIS PAIN

Anti-inflammation and Arthritis

One leading form of arthritis treatment is with the use of anti-inflammatory medication. Certain types of arthritis develop as a result of a build-up of inflammation in the body. Specifically, the tendons and ligaments become inflamed as a result of an internal attack from the immune system, which is typically triggered by some combination of environmental factors. Avoiding certain foods and movements can reduce inflammation, and thereby reduce pain.

Physical Therapy and Arthritis

Physical therapy is highly recommended for the treatment of arthritis because it can strengthen and support the joints through guided practice of movement and strength building exercises. Typically, the best activities for arthritis pain are low-impact activities. Working with a physical therapist is the best way to ensure that you are practicing the best techniques for overcoming your discomfort.

There is a long list of home remedies that are said to help with arthritis pain as well, and there is some credibility to some of these concepts. For example, losing weight, exercising regularly, and making some dietary changes such as reducing caffeine and sugar consumption are said to help alleviate pain associated with arthritis. However, before you start making any changes to your lifestyle, it is best to consult with a physical therapist.

Call Elliott Physical Therapy for help relieving your Arthritis Pain!

EXERCISE ESSENTIALS

Try this movement to relieve pain.

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



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PHYSICAL THERAPY

**YOU CAN BE FREE OF YOUR BACK PAIN!
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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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MASSAGE THERAPY

Now offered at our Easton location!

Why Massage Therapy? When you get home after a long day at the office or after finishing that long jog you have worked so hard to accomplish, you probably sit down and rub your feet with a gentle massage as you take off your shoes. We rub our necks and shoulders when we are dealing with stress at work. We rub our backs with our knuckles after a long drive in the car or when we are feeling stiff and want to stimulate blood flow throughout our body. You are already utilizing the basic benefits of massage to experience relief from daily concerns. And if you are experiencing even small benefits from just these little touches of massage, then imagine the relief you could experience from true massage therapy.

Massage therapy goes beyond the basics of massage. Even a simple massage performed by a friend or family member in a casual environment, even for just a few minutes, is incredibly comforting. There is something about the brief experience of pressure on a tired muscle that can stimulate you to find the energy you need to power through the rest of your day.

Massage therapy is highly recommended for the treatment of tension and stress in the muscles and joints, either as a result of tension buildup from mental stress or from physical challenges.

Massage therapy is proven to:

- Alleviate tension
- Reduce pain
- Improve flexibility and range of motion
- Alleviate tension headaches
- Reduce depression and anxiety
- Boost your immune system

**CALL
TODAY**

To Schedule
Your Massage
Easton Location:
508-559-5108



TRY THIS RECIPE! PINK SUNRISE STRAWBERRY SMOOTHIE

INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana

- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

DIRECTIONS:

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

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WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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