



# OSTEOARTHRITIS IS A PAIN!

PHYSICAL THERAPY CAN HELP!

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## OSTEOARTHRITIS IS A PAIN!

### PHYSICAL THERAPY CAN HELP GET YOU MOVING AGAIN

As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the **fingers, hips, knees, and spine**. These are all joints that we use excessively, even in our daily lives. Just think — by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our clinics a call today to discuss pain relief.

#### Why Do We Experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren’t very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. **The most common symptoms are:**

- Joint pain.

- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus — also referred to as a “cracking or crunching” feeling when moving the joint(s), or the sound of bone rubbing on bone.

## How Can Physical Therapy Help Osteoarthritis?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret — there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term

solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution.

Our physical therapists will typically start with exercise as the base for arthritis treatment. Exercise helps to regain lost motion, decrease feelings of stiffness, and strengthen muscles surrounding the affected joint. Research has shown that physical therapy leads to good outcomes for patients with arthritis including reduced pain, better mobility, and delaying or even preventing surgery.

In addition to modifying how you move, our physical therapists can also suggest ways to modify the environment at work or home to reduce pain and improve function. Don't settle for a life of aches and pains — physical therapy can get you back on your feet and doing the activities you used to love! If you are suffering from arthritis pains, give us a call today — we can get you back to living your best, most pain-free life.

Sources: <https://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf>; <https://www.arthritis.org/>

## INTRODUCING OUR NEW APP

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is customized to meet your specific rehabilitation needs. You can now access us via an app on your computer, tablet, and/or smartphone. We go where you go! Talk to your PT about getting set up on the brand-new Elliott PT app for an even better Home Exercise Program experience

### What Will Be On the App?

**HD Exercise Videos** — Never forget how to do your home exercise.

**Instant Messaging** — Stay in touch with your provider in between visits with our secure messaging system.

**Much More** — Track your progress, request appointments, and much more! Download our app today.

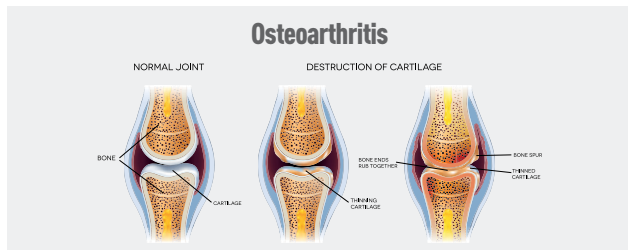
### How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



Scan the QR code to download!

Connect with your PT today about getting set up on our new app!



## EXERCISE ESSENTIALS

### SEATED THORACIC EXTENSION WITH CHIN TUCK

*Increases your back's range of motion*

**3 SETS | 5 REPS | 5 SECONDS HOLD**

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax.



Always consult your physical therapist before starting exercises you are unsure of doing.

Be sure to follow us on social media to receive tips and updates or to leave a review!

@elliottphysicaltherapy

@ElliottPT1

@elliottphysicaltherapy

@elliott-physical-therapy



Scan the QR Code to connect and stay in the loop with our news & events.

## STAFF SPOTLIGHT



### Caity Morris, PT, DPT

Caity Morris, PT, DPT, began her physical therapy career in outpatient orthopedics, while continuing her education in pelvic health through the Herman and Wallace Pelvic Rehabilitation Institute. She has found her passion in caring for patients with pelvic floor dysfunction and is not one to shy away from taboo topics that can impede someone's quality of life.

Caity earned her Doctorate in Physical Therapy from Sage Graduate School in Troy, New York, and her Bachelor of Psychology from Mount Saint Mary College in Newburgh, New York.

She has experience in acute and chronic injuries affecting the musculoskeletal and neurological systems, post-surgical care, and conditions influencing pelvic pain, urinary and bowel symptoms, and sexual dysfunction across all genders. Some common complaints she sees are urinary frequency, urgency, and incontinence, bowel urgency or constipation, and pain surrounding sexual activity. Caity is an advocate for gender diversity in health care and has previously spoken on panels alongside other health professionals for transgender health and surgery and the role physical therapy has within this population. Additionally, she has collaborated with Urologists, Gynecologists, and Urogynecologists to improve awareness and access to pelvic floor dysfunction and care.

In her free time, Caity enjoys hiking with her dog, Ronan, skiing, and finds a creative outlet in painting.

Caity is available to see patients at our Hanover location.

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## PELVIC HEALTH PT COMING TO HANOVER CLINIC

Caity Morris, PT, DPT, at our Hanover clinic is proud to specialize in treating pelvic pain, urinary and bowel symptoms, and any other pelvic floor dysfunction across the gender spectrum. Some of the common conditions associated with pelvic health include:

- Pelvic Pain Conditions
- Urinary Symptoms
- Bowel Health
- Orthopedic Pelvic Pain
- Sexual Dysfunction
- Pregnancy and Postpartum Care
- Core and Pelvic Issues
- Male Pelvic Health
- Gender-Diverse Pelvic Health

The pelvic floor muscles have five important roles: organ support, core stability, control for the bladder and bowel, sexual function, and circulation. When the muscles of the pelvic floor are not functioning optimally, whether that be due to weakness, tightness, or a combination of reasons, this can drastically reduce your quality of life. The goal of pelvic floor physical therapy is to determine the true cause of your symptoms and develop an individualized exercise and treatment program to regain control over your pelvic function.

Your initial assessment will include a discussion about your medical history, and a comprehensive, full body examination in one of our private treatment rooms to decide what type of treatment will be best suited for you. This may include guidance and recommendations on your daily habits, strengthening exercises, breathing and relaxation stretches, manual therapy, and at-home exercises to meet your goals.

**\*Initial assessment does not always, but may require an internal examination\***

Not sure if we can help, or don't see your specific issues listed? Our specialists have seen just about everything. Give us a call to learn more about resolving your symptoms and schedule an appointment with Caity.

**DON'T DELAY**  
**COME BACK TO PT TODAY**

**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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