



RELIEVE YOUR ARTHRITIC PAINS

Check out our [newly updated website](#) to learn more about how Elliott PT can provide you with exceptional care!

www.elliottphysicaltherapy.com



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DURING THE HOLIDAYS



RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to 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 are looking to manage your arthritic pains to live more comfortably, the therapists at Elliott Physical Therapy can help!

What Is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

- **Osteoarthritis** is the most common, and it happens as 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 strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.
- **Rheumatoid arthritis** is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the

joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

What You Can Do to Help Your Arthritis Pain

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.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

- **Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.
- **Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.
- **Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

Sources: <https://pubmed.ncbi.nlm.nih.gov/32364594/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.upToDate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>; <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamins-supplements-arthritis>



How Can Physical Therapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Elliott Physical Therapy, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This 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.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

Call Today for an Appointment

If you or a loved one is suffering from arthritis, contact Elliott Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!



EASY HOLIDAY APPETIZER

3-INGREDIENT CRANBERRY-BRIE BITES

- 1 (7 to 8 ounce) prepared pie crust (1/2 of a 14-ounce package)
- ½ cup prepared cranberry sauce or homemade, divided
- 3 ounces Brie cheese, cut into 24 pieces, divided
- 1 tablespoon chopped fresh chives (optional)

Preheat oven to 450°F. Lightly coat a mini muffin tin with cooking spray.

Unroll pie crust onto a cutting board or clean surface. Flatten dough to about 12 inches in diameter. Cut 24 2-inch circles out of the dough with a biscuit cutter, rerolling scraps if needed. Place the dough circles in the prepared muffin cups, gently pressing on the bottom and sides. Prick the dough with a fork. Bake until lightly browned, 5 to 7 minutes. Remove from the oven.

Add 1 teaspoon cranberry sauce to each cup, then top with a piece of Brie. Return to the oven and bake until the sauce is hot and the cheese has melted, about 5 minutes more. Let cool for 10 minutes. Sprinkle with chives, if desired, and serve warm.

<https://www.eatingwell.com/recipe/2680473-ingredient-cranberry-brie-bites/>

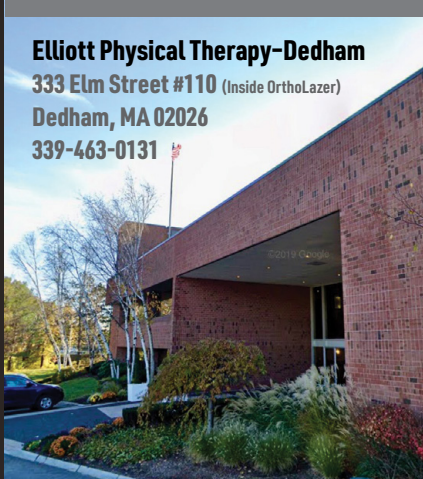
COMING SOON TO DEDHAM!

Elliott Physical Therapy-Dedham

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STAFF SPOTLIGHT



Dr. Alexandra MacPherson, PT, DPT

Dr. Alexandra MacPherson, PT, DPT, also known as "Alley," is a graduate of the Doctorate of Physical Therapy program at Springfield College in Springfield, MA. During her undergraduate work, she received her Bachelor of Science in Health Science/Pre-Physical Therapy with a double major in Dance.

As a dancer herself, Alley has a strong passion for dance medicine and looks forward to using dance in treatment, leading dance injury screenings, and facilitating educational workshops with local dance studios and companies. Her dance training embodies a diverse movement vocabulary ranging from hip-hop to contemporary, musical theater to African dance, and jazz dance to ballet allowing her to bring a unique perspective to every person she treats.

Alley's experiences as a former soccer and softball player, a group exercise instructor, a personal trainer, and a former dancer have fostered her deep understanding of the human body, mind, and movement system. In her spare time, Alley enjoys taking dance classes, reading, spending time outside, and spending time with family and friends, especially in Maine!

Call our Hanover clinic today at 781-347-3107 to schedule a dance screening with Alley to see how she can help you safely participate in dance.



Alley led our Hanover team in a dance screen with Velocity Dance from Quincy, MA.

3 TIPS TO STAY FIT DURING THE HOLIDAYS

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to work activity into your daily schedule.

- 1. Keep moving.** Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house, climbing stairs or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.
- 2. Be creative and get rid of 'all or nothing' mindsets.** The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. Get creative with exercise and opt for fun ways to make physical activity a family affair – from simple hacks like parking farther away from the store when shopping, to building new traditions such as a family walk.
- 3. Plan – and remember there is always time and opportunity for a workout.** Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

We are excited to announce that the votes are in and Elliott Physical Therapy has won the Community Choice Award for physical therapy company on the South Shore.



COME BACK TO PT TODAY

elliott
PHYSICAL THERAPY

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