

Spring
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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 Anders and Associates 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!

UNDERSTANDING OSTEOARTHRITIS: SYMPTOMS AND CAUSES

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, 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).

DON'T LET OSTEOARTHRITIS PAIN HOLD YOU BACK!

We know that living with osteoarthritis can be difficult, but the physical therapists at Anders and Associates 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.

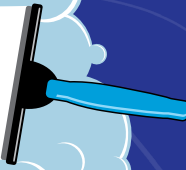
Ready to get started? Call us to schedule your initial consultation today!

**BOOK YOUR
APPOINTMENT
TODAY!**



(702) 751-0798

SEASONAL ADVICE BENEFITS OF SPRING CLEANING



1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!



SEASONAL RECIPE

SPRING VEGGIE TART

INGREDIENTS

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved lengthwise
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthwise with a mandoline
- 1 1/2 c goat cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve



INSTRUCTIONS:

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 1" to create a large single sheet. Fold and pinch all four sides to make a 1" border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with paper towel. Scatter vegetables over tart and crumble goat cheese on top. Drizzle with oil and vinegar glaze. Sprinkle with mixed herbs.

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WE WANT TO HEAR YOUR SUCCESS STORY!

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EXERCISE ESSENTIALS

HIP ABDUCTION (QUADRUPED)

This exercise helps stretch your hips

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



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