



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

A photograph of a woman with long dark hair, wearing a white lab coat, holding her neck with her right hand. She has a pained expression on her face, looking slightly to the side. The background is a bright, out-of-focus window with light streaming in.

TAKE HOLD OF RELIEF!

RELIEVING ARTHRITIC PAIN
WITH PHYSICAL THERAPY

ALSO INSIDE:

- ARC Medically Oriented Gym: Virtual Options Available!
- Trivia Challenge — ENTER AND WIN!
- Meet Our Staff
- At-Home Exercise
- **RUNNING CLINIC** — April 27th

TAKE HOLD OF RELIEF!

RELIEVING ARTHRITIC PAIN WITH PHYSICAL THERAPY



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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 ARC Physical 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 ARC Physical 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!

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.

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

Continued inside.



**CALL US
TODAY!**

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145



TAKE HOLD OF RELIEF!

Relieving Arthritic Pains with Physical Therapy

Continued from previous page.

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 ARC Physical 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 ARC Physical 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.

ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Late Night with Jimmy Fallon premiered on NBC in March of which year?
2. American Telephone and Telegraph Company was incorporated as a wholly owned subsidiary of American Bell in what year?
3. Which player set the single-game scoring record in the National Basketball Association by scoring 100 points for the Philadelphia Warriors in a 169-147 win over the New York Knicks?
4. President Hoover made Francis Scott Key's "The Star-Spangled Banner" the official national anthem of the United States in which year?
5. Who coined the phrase 'Iron Curtain' in his speech at Westminster College, Missouri in 1946?
6. General Foods put the first individually packaged frozen foods - "Birds Eye Frosted Foods" on sale in Springfield, Massachusetts in which year?
7. Who created and trademarked the board game Monopoly in Atlantic City in 1933?

AT-HOME EXERCISE

Try this simple exercise to help strengthen your shoulder.



RESISTANCE PULL

Stand with your back against the wall and your hands in front of your torso, holding a resistance band. Bring your arms to a "T" flat against the wall, then slowly return to the start position. Repeat 15 times.



WESTMONT **ORLAND PARK**
(630) 323-8646 **(708) 403-8145**

Join us for a
FREE Workshop!

April 27th | 6:15 pm

RUNNING CLINIC

Lead by Kathleen Kilburg, PT



Visit arc-rehab.com/workshops or scan the QR Code below to reserve your spot!



Coming in May...

GOLFING & BACK PAIN



MEET OUR STAFF



Kathleen Kilburg, PT

Kathleen has been in practice since 2003, focusing on treating pelvic health and orthopedic conditions. She is passionate about working with women throughout all phases of life and helping them to better understand how their bodies function to achieve optimal wellness. In her spare time, she enjoys spending time with her husband and 3 children, running, photography and traveling.



ARC MEDICALLY ORIENTED GYM: VIRTUAL OPTIONS AVAILABLE!

The M.O.G. is a fitness facility within our Westmont location. We offer a unique experience for those looking to create a long-term lifestyle change where guidance by Alex, our Exercise Physiologist, is always available. The Medical Gym is a great option for those who want safe and effective exercise programming. If you are nervous about a previous injury, crowded gyms, or aches and pains; we have you covered!

Please contact Alex by phone at 630-323-8646 or email her at Abohnstedt@arc-rehab.com with any questions or to sign up.

For our clients from our Orland Park clinic, the medical gym now offers virtual training options:

One in person assessment is required prior to training

ZOOM LIVE TRAINING

One on one virtual sessions done through your computer or phone in the comfort of your home.

TRAINERIZE APP

Already have a gym, but don't know what to do? Weekly individual workouts are uploaded to an app with instant feedback and support from our Exercise Physiologist.

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to start 2022 healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free 2022.

CALL ARC TODAY!

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