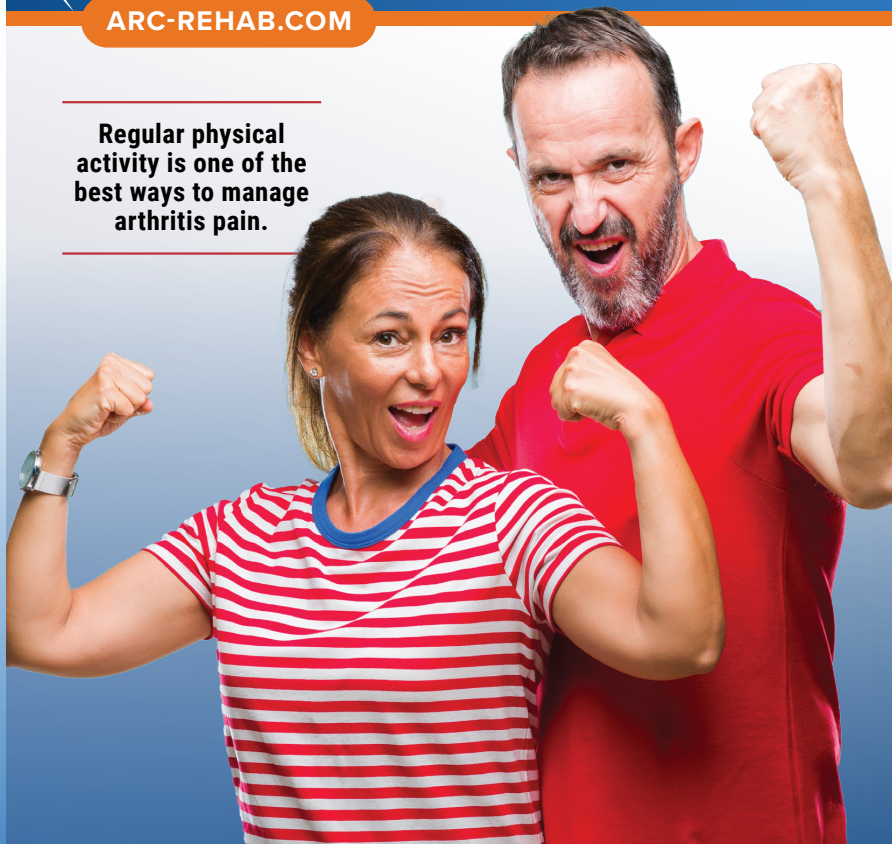


ARC-REHAB.COM

Regular physical activity is one of the best ways to manage arthritis pain.



TAKE A PROACTIVE APPROACH TO **ARTHRITIS PAIN**

ARC-REHAB.COM | (630) 323-8646

TAKE A PROACTIVE APPROACH TO ARTHRITIS PAIN



Have you recently learned that your persistent joint pain is the result of arthritis? For many, this can be a challenging discovery, as the most common forms of arthritis have no known cures. But rest assured that you do not have to spend your life living with debilitating joint pain — physical therapy can help!

Arthritis refers to several conditions that cause joint inflammation, leading to its two primary symptoms: pain and mobility restriction. The most common form of arthritis, osteoarthritis, can cause pain during movement. It's no surprise, then, that many people with arthritis wind up avoiding physical activity.

In reality, regular physical activity is one of the best ways to manage arthritis pain. Physical activity can also help delay the progression of arthritis — and help you avoid surgery.

As movement experts, the team at ARC Physical Therapy is well-equipped to help you manage your arthritis pain. The physical therapy approach to arthritis management focuses on drug-free pain relief and regular movement. Best of all, it allows you to take a proactive role in your treatment.

Let's look at what happens when you exercise regularly with arthritis—and what happens when you don't. And if you'd like to learn more, call us to schedule an appointment today!

Got Arthritis? What To Expect if You Skip Regular Exercise

1. Your muscles will weaken: One of the big benefits of exercise is that it builds muscle mass. If you don't exercise regularly, your muscle mass will decrease — especially if you're older, as muscle mass naturally decreases as we age.

What does this mean if you have arthritis? Without strong muscles, your impacted joints don't get the strength and stability they need to function, which puts even more stress on them — and means more pain in the long run.

2. Your joints will get stiffer: Our bodies are made to move, and when we don't move them frequently enough, our joints don't get the lubrication they need to run properly. This is as true for people with arthritis as it is for anyone else. Plus, since arthritis causes joint stiffness, not moving will only worsen your symptoms.

3. You increase your risk of injury: When you don't exercise, you start to lose everyday abilities like balance, stability, and coordination. You can also develop muscular imbalances, improper biomechanics, or postural issues, all of which increase your odds of suffering an injury.

Continued inside.



CALL US TODAY!
(630) 323-8646

Request an Appointment

Continued from previous page.

What Happens When You Do Exercise With Arthritis

- 1. You'll experience less pain:** While it's true that activity can initially worsen arthritis pain, regular exercise will decrease your pain symptoms over time.
- 2. You'll experience fewer mobility restrictions:** Just as regular exercise can decrease pain, it will also help improve your range of motion — meaning you can move more easily.
- 3. The progression of your arthritis may slow:** Both osteoarthritis and rheumatoid arthritis — the two most common forms of arthritis — will gradually worsen over time and may eventually require you to undergo surgery. Exercising won't cure arthritis, but it will slow the damage to your joints.
- 4. You may feel more empowered:** Living with a chronic condition is hard. Regular exercise can help you feel like you're taking an active role in managing your condition and reducing your pain.
- 5. You'll experience other physical and mental benefits:** Exercise offers many benefits beyond pain management. It can improve mood and quality of sleep, protect you from heart disease and diabetes, and help you stay active and independent well into old age.

Ready to Start Exercising? ARC Physical Therapy Can Help!

While the benefits of regular exercise for arthritis are undeniable, getting started can be challenging. Which movements are safe for you to perform? Which will provide you with the most benefits? What should you do if even simple movement is too painful?

This is where our physical therapists shine! We'll create a customized arthritis treatment plan that speaks to your needs and abilities. Here's a taste of all that we can offer:

- **Acute pain management** using manual techniques and pain relieving modalities
- **Personalized exercise programs** with targeted, progressive exercises that build strength and improve mobility
- **Specialized exercise programs** to address balance and other functional challenges
- **Guidance on general exercise programs** to keep you moving outside our clinic

Don't let arthritis keep you from living an active, healthy lifestyle. Call us today to find out more about our arthritis treatment programs!

[Request an Appointment](#)



Start your morning off with this quick and easy, nutritional meal!

Avocado-Egg Toast

INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- ½ teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)



DIRECTIONS

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

[Request an Appointment](#)

HOME EXERCISE

HIP FLEXOR STRETCH — EDGE OF TABLE

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



RHEUMATOID ARTHRITIS

A Quick Dive

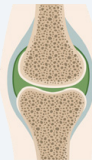
Most discussions of arthritis focus on osteoarthritis, and for good reason: it's the most common form of arthritis in the United States. However, about 2-3% of the population develops rheumatoid arthritis (RA). It causes similar symptoms as osteoarthritis, including joint pain and limited mobility.

The good news is that physical therapy can help manage rheumatoid arthritis just as it can osteoarthritis. If you've recently received an RA diagnosis, schedule an appointment at ARI Physical Therapy to learn what we can do for you.

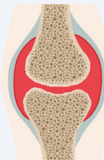
What You Should Know About Rheumatoid Arthritis

What It Is

RA is an autoimmune condition occurring when your body's immune system attacks otherwise healthy cells — in this case, the soft tissue in your joints. Researchers currently aren't clear on what causes this to happen, however.



Normal joint



Rheumatoid arthritis

Signs and Symptoms

RA's symptoms tend to go through cycles of flares and remissions. This means you'll have periods where symptoms are more intense and periods where they are less troublesome. These symptoms include:

- Pain and swelling in joints on both sides of your body
- A gradual onset of joint pain, starting with the small joints in your fingers
- Stiffness and restricted range of motion in the affected joints, particularly first thing in the morning
- Redness, warmth, and tenderness in the affected joints
- Fatigue, low-grade fever, and a general sense of feeling unwell

What Else Should I Know?

RA is more common among women than men.

As with other forms of arthritis, regular physical activity can help manage RA symptoms. In fact, physical therapy at ARI Physical Therapy offers a great, drug-free approach to managing RA.

Want to learn more? Contact us to schedule your appointment today!

[Request an Appointment](#)

DID YOU SET A GOAL TO IMPROVE YOUR HEALTH, GET STRONGER AND MORE ACTIVE IN 2024? HOW'S THAT GOING FOR YOU?



If you have been putting off your goal or you started and just aren't sure what to do next, ARC Physical Therapy can help. We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

Your goal to improve your health is still achievable! If you're interested in learning more about how you can put your health first, contact ARC Physical Therapy today for more information on our Medical Gym!

Get back on track to reach your goals! Reach out to schedule your fitness assessment and consultation today!

[Click below, visit arc-rehab.com or call \(630\) 323-8646.](#)

[Request an Appointment](#)

COME BACK TO ARC PT!

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

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

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

[Request an Appointment](#)

(630) 323-8646

ARC-REHAB.COM