



**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

# NEWSLETTER

Helping You Move Through Life  
Pain-Free!



## PHYSICAL THERAPY FOR ARTHRITIS PAIN

Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis.

Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physical therapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy! Call The Physical Therapy Institute today to make an appointment.

### UNDERSTANDING ARTHRITIS PAIN

Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common.

Osteoarthritis is the most common chronic condition that affects the joints and daily activity, and it is one of the leading causes of disability in the US adult population. Almost 30 million adults in the United States struggle with the condition. While it can influence anyone of any age, it most frequently develops among those who are overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain.

Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

### SOLUTIONS FOR ARTHRITIS PAIN

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physical therapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement.

**The emphasis of therapy is a conservative approach through:**

- Patient education
- Weight loss recommendations
- Joint protection and energy conservation
- Modifying activities and environments
- Use of assistive technologies

**Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call [724-503-6993](tel:724-503-6993) Today!**

# PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

Working with a physical therapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

## MAINTAIN OR INCREASE JOINT RANGE OF MOTION

Physical therapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

## STRENGTHEN THE MUSCLES THAT SUPPORT AN ARTHRITIC JOINT

You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physical therapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

## IMPROVE BALANCE

Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physical therapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling.

In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

## CONTACT OUR CLINIC TODAY

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement.

Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to

understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis.

Contact The Physical Therapy Institute today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!

Source <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/1471-2474-10-9> <https://pubmed.ncbi.nlm.nih.gov/32364594/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/> <https://www.hopkinsarthritis.org/arthritis-research> <https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4756025/> <https://www.sciencedirect.com/science/article/pii/S106345841931297X> <https://pubmed.ncbi.nlm.nih.gov/25785564/> [https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology\\_of\\_osteoarthritis\\_literature\\_update.5.aspx](https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis_literature_update.5.aspx)



**THE PHYSICAL  
THERAPY INSTITUTE**  
ORTHOPEDICS AND SPORTS MEDICINE

Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
Mon Valley	724.670.2731
Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

**NO DOCTOR'S PRESCRIPTION NEEDED!**

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online [www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com) or Call **724-503-6993** Today!

# FREE IN-PERSON WORKSHOPS

[www.physicaltherapyinstitute.com/workshops/](http://www.physicaltherapyinstitute.com/workshops/)

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email [jwatkins@pt-institute.com](mailto:jwatkins@pt-institute.com).

**RSVP TODAY!**  
FREE KNEE, LOW BACK, &  
SHOULDER PAIN WORKSHOPS

## PATIENT SUCCESS SPOTLIGHT



"The therapists Ryan and Bill are very knowledgeable at PTI. They make you feel comfortable the first day of therapy. I have had noticeable increases in my range of motion and strength as each week goes by thanks to these guys, keep up the good work. I would recommend both Ryan and Bill to anybody that needs to rehab a shoulder surgery like mine or any injury that needs rehab." — Harry A.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

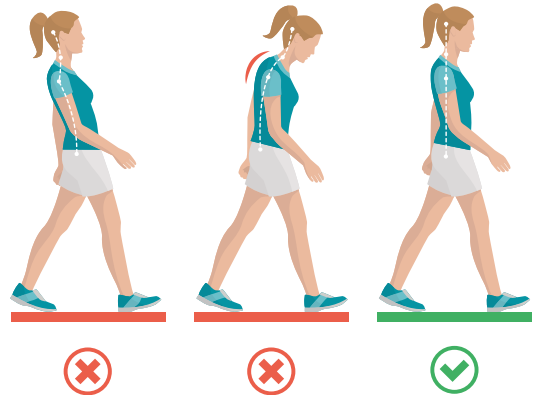
[www.physicaltherapyinstitute.com](http://www.physicaltherapyinstitute.com)



# EXERCISE ESSENTIALS

## CHECK YOUR WALKING POSTURE

- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe



## HEALTHY RECIPE

### PUMPKIN SOUP



#### Ingredients:

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

#### Directions

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



480 Johnson Road, Suite 303  
Washington, PA 15301  
P: 724-503-6993