



NATIONAL
Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A DELICIOUS &
HEALTHY SUMMER RECIPE!



FIND ARTHRITIS RELIEF WITH *Aquatic Therapy*

INSIDE:

- FIND RELIEF WITH AQUATIC THERAPY
- SUCCESS STORIES
- HEALTHY RECIPE



**AQUATIC THERAPY
APPOINTMENTS ARE
AVAILABLE ASAP!
CALL US TODAY!**

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FIND ARTHRITIS RELIEF WITH *Aquatic Therapy*

Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine? You could be suffering from osteoarthritis (OA).

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Often a prior injury combined with repetitive movement contributes to the condition.

Early on, people with OA commonly report stiffness and achiness after prolonged rest and inactivity. As the condition advances, the joint breaks down, resulting in inflammation, pain, and loss of motion.

While arthritis can be debilitating, there’s a lot that you can do to alleviate the pain and improve your function—improving your joint

movement, muscle strength, balance, and coordination. Aquatic therapy uses the benefits of water as part of therapeutic intervention and is particularly helpful for people with arthritis.

Request an appointment today to see if aquatic therapy can help you find arthritis relief!

What is Osteoarthritis and what causes it?

Osteoarthritis, also known as degenerative joint disease, is often referred to as the “wear and tear” form of arthritis. The main characteristic is the loss of articular cartilage, which results in inflammation, bone/joint structural changes, bone spur formation, and joint disability.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and difficulty or inability to stay physically active.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage and eventual loss of function.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets (typical in obese people) are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

Are you suffering from arthritis pain? Call us today!



HOW CAN AQUATIC THERAPY HELP YOU FIND RELIEF?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race),
- Specific bone/joint shapes

There are also physical risk factors associated with increased osteoarthritis, including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

How aquatic therapy can help arthritis

Your physical therapist will assess your particular condition to identify and address the contributing factors. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.



Try This Healthy Recipe **Fresh Corn Cakes with Salsa**

INGREDIENTS:

- 2 tsp olive oil
- ½ cup white whole-wheat flour
- 1 ½ cups fresh corn kernels
- ½ cup plain yellow cornmeal
- 2 tsp minced jalapeño
- 2 tsp baking powder
- ½ cup diced yellow squash
- ¾ tsp kosher salt
- ½ cup chopped green onions
- ½ tsp black pepper
- ½ cup chopped basil
- 1 cup light sour cream
- 1 ½ tsp white wine vinegar
- 2 large eggs
- 1 medium tomato, chopped

INSTRUCTIONS: Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function. At National Physical Therapy, our physical therapists will create an aquatic therapy exercise program to use the physical properties of water to assist our patients dealing with OA.

Your therapist will use the water's natural properties to create an exercise program that safely challenges you without provoking your arthritis pain. The buoyancy of water naturally decompresses the joint to alleviate pain and allow for movement and exercise without the struggles that come with land-based exercises and gravity.

Our physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises in and out of the water and designing appropriate strengthening exercises that improve your function without aggravating your pain.

Request an appointment at National Physical Therapy today!

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

Contact one of our providers today, and learn more about our aquatic therapy treatments and how they can help you find arthritis relief once and for all!

SUCCESS STORIES

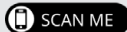
"I have had a great experience at National PT. James has been a great therapist. Nicole at the front desk has been very helpful. Having the ability to do therapy in the pool has been great while rehabbing my broken hip. I highly recommend National PT." — *Jack R.*



CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

Holbrook 781-549-9574 **Fall River** 508-928-5368 **Hanover** 781-412-1471

Brockton 508-928-5117 **Stoughton** 781-412-1594 **Mansfield** 781-412-1280



HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

MONTHLY EXERCISE

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



Choose PT. Choose National Physical Therapy.