

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

**RELIEVE YOUR ARTHRITIS PAIN**  
WITH PHYSICAL THERAPY

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*Scan the QR Code to visit our website at [www.SpinePT.com](http://www.SpinePT.com)  
to schedule your appointment today!*

Look inside for details!

Call Idaho Spine & Sports Physical Therapy today or visit [www.SpinePT.com](http://www.SpinePT.com)

# Relieve Your Arthritis Pain With Physical Therapy

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 Idaho Spine & Sports 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 Idaho Spine & Sports 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!

**Contact us today to schedule a consultation and find out how our services can benefit you!**



## 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 may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

# What To Expect In Physical Therapy Sessions

Physical therapy at Idaho Spine & Sports 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 Today For An Appointment

Call Idaho Spine & Sports 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.



Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>

<https://academic.oup.com/rheumatology/article/37/6/677/1783477/login=true>

<https://link.springer.com/article/10.1007/s10067-020-05054-y>



## Refer a Friend Prize Drawing - 1 Hour Massage!

April 1 - June 30, 2022

Enter a chance to win a 1-hour massage each time you refer a friend or family member! We will enter your name into the drawing at each of our 4 locations for multiple winners!

We look forward to continuing to serve you and your loved ones on your journey to health this summer!



SCAN ME

## Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

**Meridian Location**

(208) 286-2707

**Boise Locations**

(208) 939-0533

**Fax Number**

(208) 939-3341

**Clinic Hours**

Monday - Friday | 7AM - 7PM



# Our Patients Get Great Results!



"Everyone did a great job working with me and helping me. The best part was that everyone listened to me about the issue I was having with my neck and came up with a plan to help me get better.

The workouts that were given to me were good and they weren't too hard. As I got better, the workouts changed and fit what I needed to progress.

It was a great feeling knowing that everyone was here to help me, which made it easy for me to keep coming in. Thank you all!"

- Sam Smith



The staff at Idaho Spine and Sport has been helpful and friendly. The exercises have helped build the strength in my back and taken away the pain. I felt listened to by all that helped in the process. I would recommend Idaho Spine and Sport to everyone.

- Traci Smith



## Upcoming Workshop | Neck Pain

It's happening Wednesday, July 20<sup>th</sup> from 5:30PM - 6:30PM!

Location: 1525 S Orchard St Boise, ID 83705

Instructor: Dr. Steven Oswald, PT

Fee: FREE

### This Workshop Is For You If:

1. You are worried about your neck pain and feeling nervous, skeptical or confused about what can be done to help ease your pain.
2. You have constant neck pain that isn't getting better...in fact, it's getting worse!
3. You've been told there's nothing you can do about your pain and "you'll just have to live with it."
4. You're tired of living with neck pain and missing out on the activities you love with friends and family.
5. You're ready to learn how to end neck pain for good!

*Please wear comfortable clothes you can move around in.*



RSVP by scanning the QR code and visiting our website at [www.SpinePT.com](http://www.SpinePT.com)



## Congrats FitBit Contest Winners!

Congratulations to the prize winners last quarter where 4 participants won a brand new FitBit!

## Find the American Flag!

Circle the hidden American Flag in the newsletter and bring it to one of our front desks to claim a PRIZE!



**Can't find the American Flag?** Call our clinic to receive a hint!