

## Arthritis and Physical Therapy

There are over 100 types of arthritis but the two most often treated in physical therapy are osteoarthritis and rheumatoid arthritis. Recent studies have found that combining manual physical therapy with supervised exercises by physical therapists improves functional independence better than no treatment and may also defer or decrease the need for surgical intervention. Although there is no cure for arthritis, physical therapy can make living with arthritis easier and less painful.

Treatment techniques vary due to the individual's needs and the severity of the arthritis. However, there are some general treatment options. Modalities such as ultrasound and e-stim help reduce pain and inflammation around the effected joints. Manual therapy techniques address key joint restrictions at the primary joint and related musculoskeletal structures. Specific joint-targeted home exercises further reduce joint restrictions, increase tissue extensibility and strength while basic aerobic exercise programs improve patients' overall conditioning.

### Rehab 3 Spotlight

Rehab 3 provides many programs and services that benefit people with arthritis. Our aquatic therapy programs are extremely helpful in improving freedom of movement and reducing pain in and surrounding the arthritic joints.

Physical therapy helps by reducing symptoms around the joint and improving walking tolerance in patients with osteoarthritis of the knee and hip. Therapists use modalities for pain control, stress patient education in proper body mechanics and posture and instruct core stability and hip flexibility exercises.

Occupational therapists work closely with patients to educate patients in joint protection, ergonomics and if needed fabricate custom-made splints to alleviate symptoms of the fingers, hands and wrists.

Rehab 3 has specialized therapists trained in the treatment of arthritis; contact us to learn more about how we can help in the fight against arthritis.

### Arthritis Tips\*

- **Get Moving:** the great outdoors provides opportunities to burn extra calories.
- **Take the plunge:** aquatic exercises allow you to take a load off your joints while getting the many benefits of exercise.
- **Increase your Range:** Range-of-motion exercises are a good way of keeping muscles and ligaments flexible and strong.
- **Lose Weight:** every extra pound adds 4 times the stress to your knees.
- **Eat Well:** calcium rich foods keep your bones sturdy, and Vitamin C and other antioxidants reduce the risk of osteoarthritis and other diseases.
- \*For more tips about arthritis go to the Arthritis Foundation at [arthritis.org](http://arthritis.org).

**The Marsh Brook site is now open on Saturdays from 8 a.m. to 12 p.m.**

Warm wishes for a safe and happy Holiday Season from your friends at Rehab 3

Rehab 3

For more information about the Network, *One High Standard. Three Local Partners.* please contact Marketing Director, David Abbett, at 603.749.6686