ROCKY MOUNTAIN PHYSICAL THERAPY

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!

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

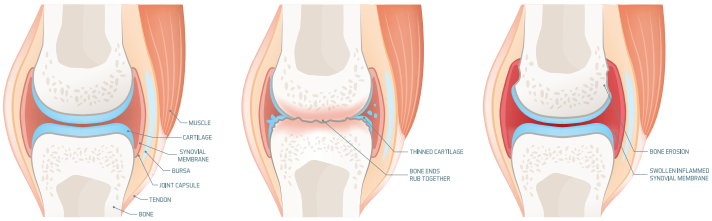
There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild

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



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.

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

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

Request Appointment

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Readers' Choice
Best of NOCO

2023 NOCO

Please Vote for Us in "Best of NOCO Style"

Voting for the 2023 Readers' Choice Best of NOCO contest will close September 15.

Our team takes great pride in providing quality care and we would love it if you would take a moment to vote for us.

Act Fast!

The voting is only open until Sept. 15!



Click to Vote for Us!

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

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PATIENT SUCCESS STORY



"Everyone at RMPT-South Fort Collins is incredible and I will always recommend them to anyone looking for a physical therapist. I started PT in April for my knee, not expecting many (if any) results, and I can happily say that just a few months later I am living pain-free with tons more knowledge about my knee and how to continue my progress. I worked primarily with Derrick, but also worked with Tyler and Zach occasionally, and all three therapists are great! I met with Derrick a couple times per week, and he consistently let me talk as much as I wanted about my knee/everything I was feeling and was great at listening and understanding exactly what I was experiencing. He then clearly explained and showed me exercises to help (and explaining WHY the exercises would help, which was good for me to learn). I felt very cared for each and every time I left the office, and started noticing progress within just a couple weeks (and felt almost back-to-normal after a couple of months). If I ever need to return to physical therapy, I know I will go here because the care is great!."

— Abby M.

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