



Relieving Low Back, Hip and Knee Arthritis Pain

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If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation. Discover how our team of specialists at Soleil Physical Therapy can get you moving pain-free again!

Are you ready to live free from arthritis pain? Then talk to one of our physical therapy specialists today. Contact us today for a consultation at 617-376-3232! We will help you return to a pain-free and active lifestyle!



緩解腰部、髖部和膝蓋關節炎疼痛

如果您經常感覺腰部、髖部或膝蓋疼痛，那麼您可能患有關節炎。根據美國疾病控制中心的統計，每年大概有5440萬美國成年人被診斷患有某種關節炎。隨著年齡的增長，人體關節內的軟骨組織逐漸磨損，從而在骨摩擦、發炎、僵硬或疼痛時引發骨痛。

目前尚且無法進行軟骨替換，只能通過改善關節運動、肌肉力量、平衡和協調性緩解關節炎症狀。根據所患關節炎的程度，甚至還有可能根除症狀。如果您經常感覺隱痛或疼痛，請繼續閱讀以下內容。我們為您解答疑問。

關節炎到底是怎麼回事？

在瞭解如何緩解關節炎疼痛之前，您需要先知道什麼是關節炎。關節炎，或者關節疼痛、僵硬或發炎，並非一種單一疾病。“關節炎”這一術語是通常用於關節疼痛和疾病的非正式解釋。

根據美國關節炎基金會發佈的資訊，目前有100多種關節炎。每個年齡段的人，不分種族和性別，均有可能患上關節炎。而且，關節炎還是現在美國境內患者致殘的主要原因。最常見的關節炎是由於受傷或正常磨損導致的骨關節炎。

什麼原因導致腰部、髖部和膝蓋關節炎？

由於關節炎是一個籠統的術語，精確定位導致關節炎的原因可能比較困難。在大多數情況下，關節炎由於過度使用、磨損或受傷導致。

此外，關節炎還可能由以下原因導致：

- 感染，比如萊姆病，關節表現為萊姆關節炎
- 免疫系統功能障礙，導致類風濕性關節炎
- 遺傳因素，引發骨關節炎
- 新陳代謝異常，導致痛風性關節炎

對於關節炎患者來說，即使只是步行也可能導致腰部、髖部或膝蓋疼痛。關節炎通常表現為螺旋下降式進行性疼痛，限制關節運動和肌肉力量，繼而引發更多的失活和疼痛。

但是，通過改善關節運動、肌肉力量、平衡和協調性可打破這一迴圈，從而減少疼痛或發炎。瞭解我們陽光理療中心（Soleil Physical Therapy）的專家團隊如何幫助您擺脫疼痛重新運動自如！

您想要擺脫關節炎疼痛嗎？那麼，今天就和我們的一位理療專家聊聊吧。致電617-376-3232，向我們諮詢！我們會幫助您重返毫無病痛的積極生活方式！

關節炎與理療

無論關節炎由於何種原因導致，理療均可在治療關節炎症狀過程中發揮關鍵作用，而且應該在實施外科手術等其他侵入性治療之前予以首先嘗試。在保持健康體重的同時，運動和良好的飲食習慣會有所幫助，最終還是可能需要實施外科手術。但是，理療已經被證明是全膝或全髖關節置換之後護理和康復的極佳方式。

支撐膝蓋、髖部和腰部的肌肉由於不活動而變得虛弱，這種情況很常見。通過簡單易行的針對性運動，我們可以幫助您的肌肉恢復力量，從而為關節提供更強有力的支撐，同時減少發炎。

此外，通過改善平衡和協調性，尤其對於膝關節和髖關節，可以緩解關節上出現的異常勞損，同時提升運動安全性，從而降低進一步受傷的風險。

如果您或您的親人正在飽受關節炎帶來的痛苦，選擇應對措施吧。現在聯繫我們的一位理療師，諮詢目前推行的理療方案，重新享受運動自如的高品質舒適生活。瞭解我們如何幫助您的關節感覺更舒適以及運動更自如！現在就上線或者致電預約吧！



Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the

joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.



Sancho Maulion, MSPT, Senior Physical Therapist

Sancho is the senior physical therapist working at Soleil Physical Therapy and Wellness and our sister clinic in Boston, Quantum Physical Therapy.

He received his Bachelor of Health Science and then proceeded to graduate with his Master of Science in Physical Therapy in 2005 from Boston University's College of Health and Rehabilitation Science: Sargent College. Sancho has experience providing care in many aspects of the physical therapy field including pediatrics, spinal cord and traumatic brain injury, acute care and LTAC, home care, and outpatient orthopedics. He is also a personal trainer with experience in corporate gym settings, private home training and boot camps.

Sancho utilizes an active/proactive based approach to treatment and pain management. Treatment is largely exercise and manual therapy based, focusing on neuromuscular reeducation/core stability principles with strength and conditioning incorporated into the mix.

In his free time, Sancho enjoys quality time with his wife and son. He enjoys exercise and fitness and is also an avid photographer and gamer.

Patient Success Spotlight

"The staff here were tremendous! Dave, Ron, Greg and the rest I had the pleasure of meeting were nothing short of humble professionals. I wouldn't recommend anywhere else. They are professional and really committed to getting you back to 100%. They make you feel comfortable and never force anything on you that you can't handle or aren't ready for. The staff are always in such a great mood and the environment is easing.

There's so much I could say but I'll let their work and professionalism speak for them! 5/5 stars from me. I honestly can't thank them enough for getting me back to full strength. I can promise that you won't be disappointed by choosing this place as the destination for your physical therapy!" — Frankie P.

Exercise Essentials Relieve Pain In Minutes!



SHORT ARC QUAD

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Hold for 3 seconds then lower. Repeat 10 times on each leg.

