

**Stop Living
With Pain!**

Call Us To Schedule Your
Appointment Today!



**GET BACK THE
LIFE YOU LOVE**

**YOU CAN BE FREE
OF ARTHRITIS PAIN**

ALSO INSIDE: Patient Success Story • Our Specialities
Healthy Grilling Tips for Arthritis Sufferers



GET BACK THE LIFE YOU LOVE

YOU CAN BE FREE OF 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!

Call Soleil Physical Therapy today, call to make an appointment.

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, daily activity, and 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 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.

SOLUTION 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.

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

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.

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 Soleil 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!

Source

<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/1471-2474-10-9>

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SOLEIL PT



QUANTUM PT

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LOOKING FORWARD TO FUN COOKOUTS?

HEALTHY GRILLING TIPS FOR ARTHRITIS SUFFERERS



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs.

Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon and zero fat, salsa boasts plenty of nutrients.
- Olive oil-based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.



Patient Success Story

"I have been to a few different physical therapy places for my lower back and hip pain in the past 10+ years. Soleil has great customer service. The front desk receptionist, Jenny, is very helpful and kind. She's patient and supports you with any questions you have about onboarding and making the PT sessions work in your personal schedule. I really enjoyed the consultations once a month and working with the physical therapists. They have a wealth of knowledge and really show how to improve your pain through practical and functional exercises you can do at home and at work." — Kimvy

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Has Your Pain Returned?

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(617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum)

