



## RELIEVE YOUR ARTHRITIC PAINS with Physical Therapy

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

At Soleil Physical Therapy, you can find solutions to your pain and get back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Soleil Physical Therapy can help!

### What Is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat.

Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

## What You Can Do to Help Your Arthritis Pain

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

- **Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.
- **Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Sources: <https://pubmed.ncbi.nlm.nih.gov/32364594/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.uptodate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>; <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamins-supplements-arthritis>

- **Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

## How Can Physical Therapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Soleil Physical Therapy, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

## Call Today for an Appointment

If you or a loved one is suffering from arthritis, contact Soleil Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!

Click to  
Schedule an  
Appointment!

## KNEE OSTEOARTHRITIS (OA) MANAGEMENT

Watch David Bacani, DPT, Director of Physical Therapy, demonstrate treatments for knee osteoarthritis (OA) management.

Click to watch  
Dave's video!



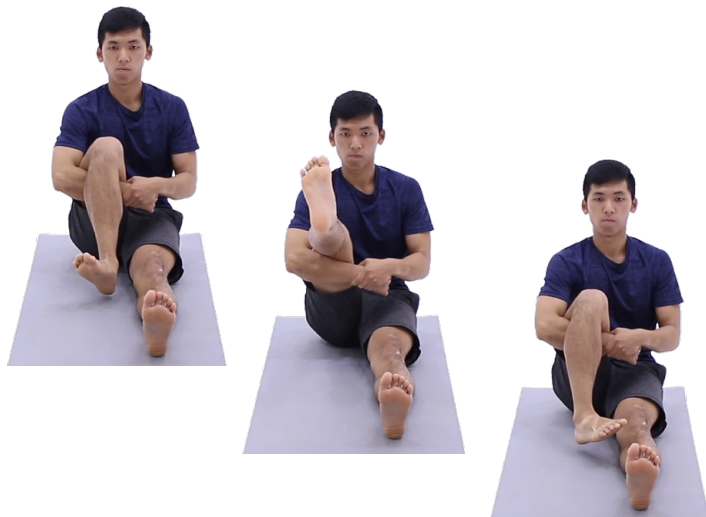
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# EXERCISE ESSENTIALS

## Knee CAR

(Controlled Articular Rotations)  
Strengthens Knee

Start by sitting on the ground with one leg straight and your other leg raised slightly resting on your forearm. Your heel should not be touching the floor. Turn your foot out as far as possible at your ankle and then extend your knee as much as possible. Turn your foot inward as far as possible and bend your knee as much as possible. Repeat 3 times.



Always consult your physical therapist before starting exercises you are unsure of doing.



## SUCCESS STORY

“Adam is absolutely amazing!!! He has fixed me and changed my life for the better. Truly. He has helped me regain my posture, taught me new exercises that really work, put an end to my neck pain, and I even grew an inch! All of the people here are fantastic but my most recent experience with Adam has been life-changing. He really, really cares about helping you — and whatever pain you are experiencing, he will make you feel better. It is a very welcoming atmosphere. Don't wait another minute to make an appointment; change your life, and be pain-free.” — Julie G.

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## 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



Call today to schedule an appointment!

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Therapy Hours:

Monday - Friday: 8 AM - 7 PM  
Saturday: 8 AM - 4 PM