



AdvaCare Clinics: Arthritis Relief from Physical Therapy

Arthritis describes a condition of inflamed and swollen joints. Advanced arthritis results in the painful breakdown of cartilage – the body’s natural cushion between bones.

Arthritis symptoms range from being merely an inconvenience to completely disabling, depending on the type and the severity. It falls into two broad categories:

- **Osteoarthritis:** Often described as the “wear and tear” type of arthritis, osteoarthritis is a problem of the cartilage, the tissue that provides cushioning and lubrication between bones. With age and use, cartilage can break down and the bones will rub against one another without protection. That causes stiffness, pain and limited mobility in the joints.
- **Rheumatoid arthritis:** Rheumatoid arthritis is caused by long-term inflammation of the lining of the joints. The inflammation damages the joint tissue. That can cause pain and disability. The causes of rheumatoid arthritis are not well understood. However each year brings new hope for victims – as drug therapy, joint protection and exercise techniques improve.

Arthritis and other rheumatic diseases are often mistakenly associated with old age. However, arthritis and other rheumatic diseases affect people of all ages, including children.

Arthritis is usually chronic, which means that it rarely changes, or it progresses slowly. Specific causes for most forms of arthritis are not yet known. However, there is plenty you can do to manage your condition and lead a full and active life.

Although there isn’t yet a cure, AdvaCare Clinic’s arthritis rehabilitation program can enhance medical treatment, focused on:

- Pain relief and management
- Increased mobility, strength, flexibility and dexterity
- Adapting for activities of daily living, such as grooming and cooking
- Maximizing independence
- Joint Protection and energy conservation

Physical Therapy can make a real difference and enhance other forms of treatment. Physical therapists, in consultation with your physician or health care team, can effectively treat arthritis and osteoporosis in tandem. In addition, many exercises prescribed for osteoporosis are also good for arthritis. Treatment for osteoporosis puts an

emphasis on proper posture, balance, and exercise, all of which are beneficial in the treatment of arthritis. (Proper posture and balance reduce stress on inflamed joints.)

For anyone who has arthritis or is interested in finding out more, contact AdvaCare Clinics today at 952-835-6653.

