



THE BENEFITS OF PHYSICAL THERAPY FOR ARTHRITIS

WHAT IS ARTHRITIS?

A term used to describe over 100 conditions that cause pain in the joints and the tissues surrounding them. Although the cause may vary (degenerative, autoimmune disorder, infectious, etc.) the most common symptoms are joint pain, swelling, and decrease in mobility and function.

HOW CAN PHYSICAL THERAPY HELP ME?

Research undeniably emphasizes the significance of physical activity in reducing deficits associated with arthritis.

However, there is some dispute as to what kind of physical activity, duration, and intensity would be best for these patients in relieving their symptoms.

Physical Therapists are vital for bridging this gap and providing knowledge as to what exercises to perform and how to go about utilizing them.

BENEFITS OF PHYSICAL THERAPY:

1. Maintain or increase range of motion. One of the primary goals of physical therapy is to keep you mobile and able to do day-to-day activities with minimal pain and stiffness.
2. Strengthen the muscles that support an arthritic joint. This can take stress off the joint, and is usually done through resistance training or approved forms of exercise.
3. Learn body awareness, also known as proprioception. Being conscious of your body as you sit, stand, or walk can help you maintain good posture and avoid putting added stress on affected joints.
4. Learn the proper use of assistive devices such as a walker, crutches, splints, or shoe inserts.

ASK OUR DPT'S HOW WE CAN HELP!