

NEWSLETTER

Are You Suffering From ARTHRITIS PAIN?



INSIDE:

- Physical Therapy Solutions For Arthritis
- Home Exercise
- 5 Ways To Invest In Your Health Today
- Patient Success Spotlight

15 CONVENIENT LOCATIONS TO SERVE YOU!

Central Sioux Falls
West Sioux Falls
East Sioux Falls
Sioux Falls (Primrose)

Brandon
Harrisburg
Hartford
Tea

Fulda
Jackson
Lakefield
Luverne

Sherburn
Worthington (Avera)
Worthington (Oxford)

NEWSLETTER

Relief From Arthritis Pain Does Exist!

Physical Therapy Can Help!



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 or occupational 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 Prairie Rehabilitation 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 and Occupational therapy have shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises. In addition, our therapists can improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement. 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

(continued inside)

PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

(continued from outside)

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. Our occupational and physical therapists 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. 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 or occupational 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 Prairie Rehabilitation 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://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/1471-2474-10-9>
<https://pubmed.ncbi.nlm.nih.gov/32364594/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
<https://www.hopkinsarthritis.org/arthritis-research/>
<https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4756025/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>
<https://pubmed.ncbi.nlm.nih.gov/25785564/>
https://journals.ww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis_literature_update.5.aspx

SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

5 Ways To Invest In Your Health Today

1. Make sure to eat healthy. Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise regularly. We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get to sleep at a decent hour. Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."



4. Have a primary care physician. Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay attention to your mental state of being. Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Sources: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>



Don't Let Your Health Benefits Go To Waste!

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? Call us today at a clinic nearest to you to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

HEALTHY RECIPE

Roasted Butternut Squash



INGREDIENTS

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

INSTRUCTIONS

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>

PATIENT SUCCESS SPOTLIGHT



"They go above and beyond to get to solving the problem!"

"The staff at Hartford Prairie Rehab are exceptional in the field of physical therapy. They go above and beyond to get to solving the problem. I went to them for knee issues, and Brett and Megan ended up resolving some hip issues I didn't realize I had as well as taking care of the knee issues. All of the staff are courteous, friendly, and professional. They make you feel at ease. I highly recommend Hartford Prairie Rehab." – Denise C.

HOME EXERCISE

Strengthens knees



KNEE SQUAT

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 10 reps.



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

ASSESSMENT

PRAIRIE

BIG DEAL

Are you in pain? Come in for a FREE Consultation! Contact a clinic nearest to you today!

Offer expires 12/01/22

WWW.PRAIRIEREHAB.COM