

**N E W S L E T T E R**

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS




**WE'RE OPEN!**

# RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

**ALSO INSIDE** HOW CAN PHYSICAL THERAPY HELP RELIEVE ARTHRITIS?  
5 SIMPLE HEART HEALTH TIPS

# NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



# 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 Atlanta Human Performance Center our doctors of physical therapy, can help you find solutions to your pain and get you 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 Atlanta Human Performance Center can help!

Call our clinic today to make an appointment!

## 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.

## 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 Atlanta Human Performance Center, 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!

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpcpt.com](http://www.ahpcpt.com).

**ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# 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.

**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.

## Call today for an appointment

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

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>



## Who Do You Know That Needs Physical Therapy?

### Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



## VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

- 1 tbsp white chocolate chips
- 1/2 cup ice
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- Fresh raspberries for garnish (optional)

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!



IF YOU'RE INTERESTED IN THERAPY OR FITNESS, VISIT [WWW.AHPCPT.COM](http://WWW.AHPCPT.COM) OR CALL US TO SCHEDULE YOUR APPOINTMENT WITH ATLANTA HUMAN PERFORMANCE CENTER TODAY!

# CELEBRATE HEART HEALTH BY PRACTICING THESE 5 SIMPLE HEALTH TIPS:

## 1. Aim for lucky number seven.

Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

## 2. Keep the pressure off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

## 3. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

## 4. Slash saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

## 5. Find out if you have diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



## OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

## HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

## OUR PATIENTS LOVE US!

"Everyone should come here! I spent a long time in pain and immobility. I am so much better now! Great doctors, amazing staff!"

- 5 Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



[www.ahpcpt.com](http://www.ahpcpt.com)



## PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

### Let's Get In S.H.A.P.E. - Winter Exercise Tips

- S**hoes (wear proper footwear and socks)
- P**eople (let a partner know your route and expected return home)
- H**ead and hand covering (wear a warm head covering and gloves to keep from losing heat)
- E**xercise (approach exercise with indoor warmup prior to outdoor exercise)

