



RELIEVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain.

Fortunately, at Atlanta Human Performance Center, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Atlanta Human Performance Center, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and find out how our services can benefit you!

WHAT ARE TWO COMMON TYPES OF ARTHRITIS?

Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis

and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the “wear and tear” type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

Visit Us Online ahpcpt.com or Call Today **404.346.1526**



HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

Physical therapy at Atlanta Human Performance Center helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.
- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.
- Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

CALL TODAY FOR AN APPOINTMENT

Call Atlanta Human Performance Center today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer - schedule your consultation today.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/>

<https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true>

<https://link.springer.com/article/10.1007/s10067-020-05054-y>

3 Benefits of Spring Cleaning

- 1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.
- 2. Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- 3. Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.





PHYSICAL THERAPY TIPS

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

How To Make Sure You Are Healing

Too often, people ignore their pain, hoping things will resolve on their own. Although it may seem to work sometimes, this strategy can make your healing process go slower, stop altogether or create a new problem.

Getting proper guidance is critical to help clarify what is acceptable and what needs to be modified or avoided altogether. If you ignore or don't understand the clues, you can interfere with the healing process and delay your recovery.

Some telltale signs you are regressing include:

- Increased or new swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)
- Increased or new loss of motion

- Increased or recent loss of strength
- Lasting pain
- Larger area and/or more referred pain
- Increased or new limping (unable to bear weight)
- New or persistent sleep disturbance related to injury/condition

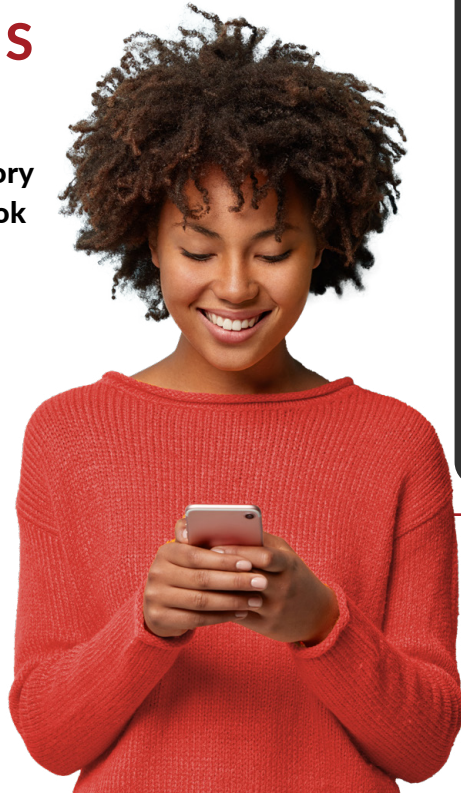
Understanding when to add more activity or remove obstacles is as much an art as a science. Knowing how to interpret the clues your body sends is essential for complete recovery. Our physical therapists are highly skilled at guiding people through the ups and downs of finding relief and resolving their symptoms fully.

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

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



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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!



STRAWBERRY SCONES

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar plus 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 cup (half stick) frozen butter
- 3/4 cups 1% light buttermilk, cold
- 1 tsp vanilla

Preheat the oven to 400F. Measure out 1/4 cup of sugar and remove 1 tbsp. Mix strawberries with 1 tbsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Using the large holes of a cheese grater, grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Using a fork, slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Do not over work the dough. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet (to avoid tough scones, do not press or compact). Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.



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