



BREAK FREE FROM OSTEOARTHRITIS DISCOMFORT

Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee? Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones. Fortunately, physical therapy at Atlanta Human Performance Center offers several tools and techniques to help you manage your symptoms — often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

UNDERSTANDING OSTEOARTHRITIS: SYMPTOMS AND CAUSES

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:

- Pain during activity but not while at rest
- Pain when you press on the joint

- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet.

The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process — plenty of older people don't have it. But your chances of developing it do increase as you age.

Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

HOW PHYSICAL THERAPY HELPS MANAGE OSTEOARTHRITIS SYMPTOMS

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our Doctors of Physical Therapy will help you find an exercise program that suits your needs.

Visit Us Online ahpcpt.com

Call Today At Our East Point Location **404.446.1224** Or Atlanta location **404.346.1526**



Simple Movements to Help Alleviate OA Pain

If you have osteoarthritis, it's important to stay active to help keep your joints healthy. While our Doctors of Physical Therapy can help you develop a suitable exercise program, you can also incorporate movement in small ways throughout the day.

These simple exercises will help mobilize your joints, and you can easily do them at home. Of course, check with your PT before starting anything new!

Ankle Circles

While sitting in a chair, stretch your feet out in front of you, keeping them neutral (neither pointed nor flexed). Gently tilt both feet in one direction, then repeat in the other.

Knee Raises

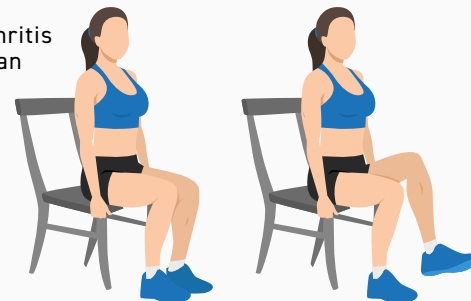
Sit on the edge of your chair with your back straight and your feet planted on the floor. Slowly lift your knee as high as possible without bending your back, guiding it up with your hands if necessary. Then, making sure to keep your core tight, gently lower your foot back to the floor. Repeat on the other side.

Overhead Shoulder Stretches

You can do this exercise sitting or standing. Hold your arms at your side, your elbows bent at a 90-degree angle and your thumbs pointed toward your shoulders. Then, stretch your arms straight overhead and slowly lower back down.

If lifting both arms is too difficult, lift them one at a time. You can guide your arm up under the elbow if necessary.

Looking for more simple arthritis stretches? Call Atlanta Human Performance Center for an appointment today!



Here's how we'll do it:

- **Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- **Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- **Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength, in particular, can help support and protect the joint so you can move more easily.
- **Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or water aerobics.
- **Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints. If needed, we can also show you how to use mobility aids (such as canes or walkers).

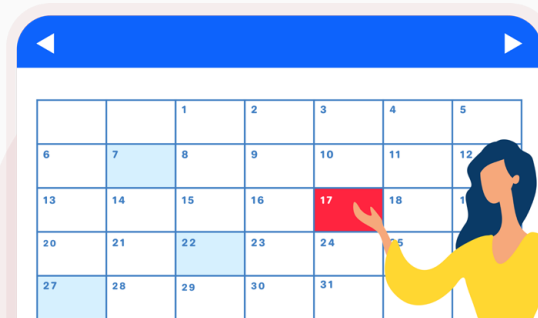
DON'T LET OSTEOARTHRITIS PAIN HOLD YOU BACK!

We know that living with osteoarthritis can be difficult, but the Doctors of Physical Therapy at Atlanta Human Performance Center are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain.

Ready to get started? Call us to schedule your initial consultation today!



CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!





HEALTH TIPS

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

3 Natural Ways to Beat Spring Allergies

1. Manage stress

Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies.

A physical therapist can help you to manage your stress by prescribing you with an individualized exercise routine that fits with your lifestyle and personal fitness goals. Other therapeutic methods, such as massage therapy, acupuncture, and aquatic therapy, also have stress relieving properties.

2. Avoid unhealthy foods and drinks

Toxins in the body frequently aggravate allergies. Allergies can flare up when the liver is working overtime metabolizing our stress, medications, alcohol, and processed foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.

3. Clean the house

This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms.

For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.

To discover more natural methods for allergy relief, contact Atlanta Human Performance Center today!



Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit www.ahpcpt.com.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave a review. We look forward to hearing from you!

★ ATLANTA

★ EAST POINT

ahpcpt.com



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!

BANANAS FOSTER PARFAITS

- 2 large ripe bananas
- 6 Tbsp dark brown sugar
- 2 Tbsp unsweetened apple juice
- 1 Tbsp unsalted butter
- 1/4 tsp salt
- 2 cups plain 2% reduced-fat Greek yogurt
- 1/4 cup chopped pecans, toasted



Peel bananas and cut each in half lengthwise. Cut each half into 3 pieces. Combine sugar, apple juice, and butter in a nonstick skillet. Cook over medium-low heat for 3 minutes or until mixture begins to bubble. Add bananas to pan; cook for 2 minutes or until bananas begin to soften. Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon chopped and toasted pecans.

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***NEW LOCATION**
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* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.
MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM
SAT & SUN. | BY APPOINTMENT ONLY