



REBOUND FITNESS & REHABILITATION

# NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

## *Don't Let Arthritis Keep You Out Of The Garden*



### ALSO INSIDE

**RELIEVE**  
YOUR ARTHRITIS

**COUPON**  
CORNER

**PATIENT**  
SUCCESS

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# REBOUND FITNESS & REHABILITATION NEWSLETTER

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## RELIEVE YOUR ARTHRITIS WITH PHYSICAL THERAPY



**COME BACK TO PHYSICAL THERAPY! CALL 847.714.7400 TODAY!**

Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

*There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis.*

Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. 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. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Whatever may be causing your arthritis pain, Rebound Fitness & Rehabilitation can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!

### HOW CAN PHYSICAL THERAPY RELIEVE MY ARTHRITIS PAIN?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility. When you arrive for your initial consultation at Rebound Fitness & Rehabilitation, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs. Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

**REBOUNDFITNESS.COM | P: 847.714.7400**

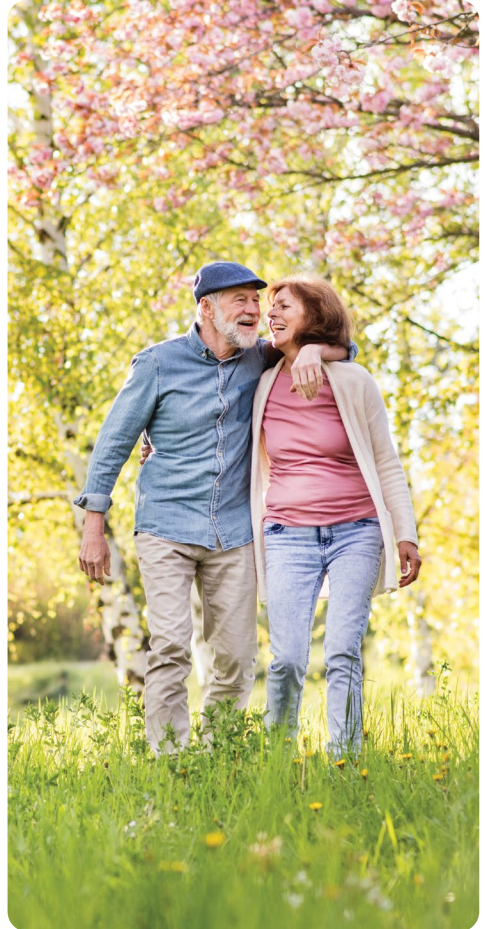
# 12 WAYS TO RELIEVE ARTHRITIS

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s). However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:

1. Stretch multiple times a day.
2. Alternate between weight bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly-used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.
10. Eat nutritious foods.
11. Avoid fried foods, sodas, and other items that increase inflammation in your body.

12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best. Find relief for your arthritic pains today with Rebound Fitness & Rehabilitation!



## Say Hello To Brigid



**Brigid Walsh, DPT**

Brigid Walsh, DPT joined the Rebound Fitness team in 2021. She received her Doctorate in Physical Therapy from A.T. Still University in 2018. Brigid then continued her education and completed an Orthopedic Physical Therapy Residency from Kaiser Permanente, Northern California in 2019. Brigid also specializes in Vestibular and Concussion Rehabilitation, with emphasis on return to sport.

**Learn more about our staff and book your appointment today by visiting us at: [REBOUNDFITNESS.COM](https://www.reboundfitness.com)**

**START THE ROAD TO RECOVERY BY CALLING NOW!**

