



# NEWSLETTER



## ARTHRITIC PAIN?

PHYSICAL THERAPY  
CAN HELP RELIEVE  
YOUR PAIN!

**TRY THE HEALTHY RECIPE:  
STRAWBERRY SMOOTHIE BOWL**



INSIDE  
**5 Food Choices to Help  
Ease Arthritis Pain**

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## ARTHRITIC PAIN?

PHYSICAL THERAPY  
CAN HELP RELIEVE  
YOUR PAIN!



**RACHEL JACOBS,**  
Clinic Director  
in our Slidell clinic

by Rachel Jacobs, Clinic Director – Slidell Clinic

**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.

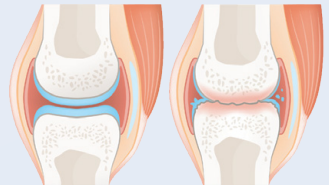
While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physical therapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy!

### 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.



HEALTHY JOINT

OSTEOARTHRITIS

### Solution for Arthritis Pain

There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises.

In addition, physical therapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement.

*Continued inside.*

**CALL A CLINIC NEAREST YOU TODAY!**

# ARTHRITIC PAIN? PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN!

*Continued from previous page.*

The emphasis of therapy is a conservative approach through:

- Patient education
- Weight loss recommendations
- Use of assistive technologies
- Joint protection and energy conservation
- Modifying activities and environments

## Physical Therapy Solutions For Arthritis

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. Your physical therapist 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

Physical 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 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 STAR Physical Therapy today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!**

## Exercise Essentials

### HIP HIKES WITH BALANCE SUPPORT

Stand on the leg that needs to be exercised. Hold on to a chair or counter for support. Start with your hips in a neutral position. Gently, move the hip of the off leg towards the ground. Using the chair for support, next lift the pelvis towards the ceiling. Repeat 10 times and switch to other leg.



## CALL A CLINIC NEAREST YOU TODAY!

**FOLSOM**  
985 888 0845

**SLIDELL**  
985 612 7915

**NEW ORLEANS  
LAKEFRONT/  
GENTILLY**  
504 264 6258

**COVINGTON**  
985 718 4625

**NEW ORLEANS  
EAST**  
504 383 9983

**ALGIERS**  
504 267 2337

**MADEVILLE**  
985 247 8379

## Healthy Recipe

### STRAWBERRY SMOOTHIE BOWL



### INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup milk, more as needed
- Toppings of choice!
- 1 frozen banana, peeled

**INSTRUCTIONS:** Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces. Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!

[startpclinics.com](http://startpclinics.com)

## Patient Success Spotlight



*"I could not sleep because of my hip pain and had difficulty doing anything due to my pain. **Physical therapy at STAR has changed my life for the better!** I recommend the physical therapist and technicians at Slidell STAR PT." – Curtissa B.*

## 5 Food Choices to Help Ease Arthritis Pain

- 1. Broccoli, Brussels sprouts and cabbage.** These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.
- 2. Fatty fish.** Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.
- 3. Garlic.** Garlic is a member of the allium family—which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases—including arthritis.
- 4. Turmeric.** One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines—particularly curries.
- 5. Vitamin C.** Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.



## FREE Arthritis Workshops!

**Learn how to feel better without more medications, injections, or surgery!**



**At our workshop you will learn...**



- The 5 questions that will reveal if **YOU** can feel better **NATURALLY**
  - The 5 things that could be making your pain worse. And how to change each one
  - How to find out the best approach to lessen **YOUR** pain
  - The **SINGLE BIGGEST MISTAKE** that Arthritis sufferers make
  - The 5 things that must be included in effective natural treatment
  - 5 conditions that mimic arthritis. People are really surprised
  - One inexpensive treatment that can help so much
  - A live demonstration
- ...and much more.**

### ARTHRITIS WORKSHOPS

6/5 @ 6:00PM

ALGIERS  
CLINIC

6/5 @ 7:00PM

LAKEFRONT  
CLINIC

6/6 @ 6:00PM

COVINGTON  
CLINIC

6/6 @ 7:00PM

NEW ORLEANS EAST  
CLINIC

6/6 @ 6:00PM

SLIDELL  
CLINIC

**ALL WORKSHOPS ARE FREE!  
CALL TODAY OR SCAN THE  
QR CODE TO SIGN UP.**



## COME BACK TO STAR PT!

- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy Physical Therapy. Call us today!