

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

January
2022

FIND ARTHRITIS RELIEF WITHOUT THE USE OF DRUGS

Millions of Americans deal with the aches and pains of arthritis on a daily basis.

In fact, of the 40 million people in the United States who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can. If you are looking to find relief for your arthritis by treating it at the source – without the risks of side effects from harmful drugs – contact us today.

Why is physical therapy better than medication?

A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy - you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming. With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk

of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and preserving range of motion. Some benefits to working with a physical therapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.
- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

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Will Exercise Increase Your Pain?

To put it simply – no! Your physical therapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended “rest” can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physical therapist, you can actually ease your arthritic aches and pains!

Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For

example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

How can I get started on treatments?

Your physical therapist will examine your symptoms, severity of pain, and location of the arthritis, in order to determine the best individualized treatment plan for your specific needs. If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Agility Physical Therapy & Sports Performance. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

Tell us how we did!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how your experience was!



(VENICE)



(PINEBROOK)

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***FREE NEW YEAR PAIN/
INJURY ANALYSIS***

VENICE: (941) 484-8107

SOUTHBRIDGE: (941) 244-2410

AGILITY
PHYSICAL THERAPY
Experience the Difference

***START OFF THE NEW YEAR RIGHT
BY SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT***

Offer valid for the first 25 people to schedule. Expires 01-31-22

Healthy Recipe

GARLIC PARMESAN-STUFFED MUSHROOMS

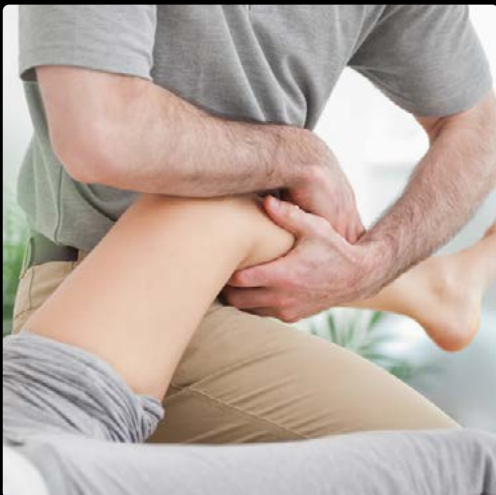
INGREDIENTS

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tbsp kosher salt
- ½ tbsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish

DIRECTIONS Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

YOU DON'T HAVE TO LIVE WITH PAIN!



DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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Exercise Essentials

SINGLE LEG STANCE - FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



Patient Success Spotlight

"IT IS A VERY HAPPY PLACE AND GREAT PLACE TO REHAB!"



"Dear Alan, I can't thank you and your staff enough for all they have done for me. Jeff always had a smile and asked me how I was feeling! Rachel and Carol have been phenomenal. Jill and Christena at the desk always helpful. Then rest of your staff always encouraged me and smiled. It is a very happy place and great place

to rehab! You should be very proud of all your staff and I will highly recommend it to all my family and friends. Hopefully I won't have to rehab again, but if I do, I will be knocking on your door! Thanks again to all. Love, Marie. - Marie

CALL TODAY! 941-484-8107