

NEWSLETTER

May 2022

AGILITY
PHYSICAL THERAPY
Experience the Difference



FIGHT BACK AGAINST YOUR ARTHRITIS PAINS

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

Our physical therapist can find solutions to your pain and get you back to living the life you enjoy!

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Agility Physical Therapy can help!

Call our clinic today to make an appointment!

What is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

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

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

[IMPROVEMYAGILITY.COM](https://www.improvemyagility.com)

How to Relieve Your Arthritis Pains

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine

Getting exercise. Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

Taking supplements: Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Avoiding processed and sugary foods. Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

How can physical therapy help you relieve your arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Agility Physical Therapy we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

Call us today for an appointment.

If you or a loved one is suffering from arthritis, contact us today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!

Sources:
<https://pubmed.ncbi.nlm.nih.gov/32364594/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>

<https://www.uptodate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>

<https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamins-supplements-arthritis>

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2. Center the QR code above in the frame (this will take you directly to our social media links)
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**FREE SPRING-READY
CONSULTATION**

VENICE: (941) 484-8107

SOUTHBRIDGE: (941) 244-2410

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

Offer valid for the first 25 people to schedule. Expires 05-31-22

Show Off Your Swing!

The Alpha Phi Alpha
Foundation of Manasota,
Inc. 12th Annual Scholarship
Golf Tournament

University Park Country Club,
7671 The Park Blvd
University Park, FL 34201

Saturday May 21, 2022
11 am registration
1 pm shotgun start



We have four staff members participating this year :
Mark, Max, Daniel, and David!

Patient Success Spotlight

"I first received care at Agility over 15 years for a severe knee injury. I have used them since then for rotator cuff surgery on my right shoulder and, most recently, for issues with my left shoulder. In every instance - no matter that the practice is much larger now than in 2006 - I've always been treated with friendliness, kindness and absolute wonderful & knowledgeable care. Every DPT, PT & PTA that I have worked with has been phenomenal. Highly recommend Agility!" - Louise V.



Catie Williams, PTA

Catie was born and raised in the Venice area, where she grew up playing soccer locally and for the Venice High school women's soccer team. She went on to play soccer at the collegiate level, where she obtained her Bachelor's in Health and Wellness Management. After graduating, Catie returned to Venice and worked as Agility's Rehab Technician before attending Keiser University, where she graduated with a Physical Therapist Assistant degree from in 2019. Catie fell in love with the physical therapy/sports medicine field after interning as a student athletic trainer for 3 years in high school, interning at Agility her senior year of high school, as well as assisting the head athletic trainer for 2 years in college.

Exercise Essentials

Simpleset.net

Scissor Jump

Stand in the pool with good posture. Jump while kicking one leg straight forward and the other straight back. Jump again to bring your legs straight back to standing. Repeat on the other side. For more of a challenge, return your legs straight back to standing before touching the ground. The faster you move, the more resistance you will feel.



CALL TODAY! 941-484-8107