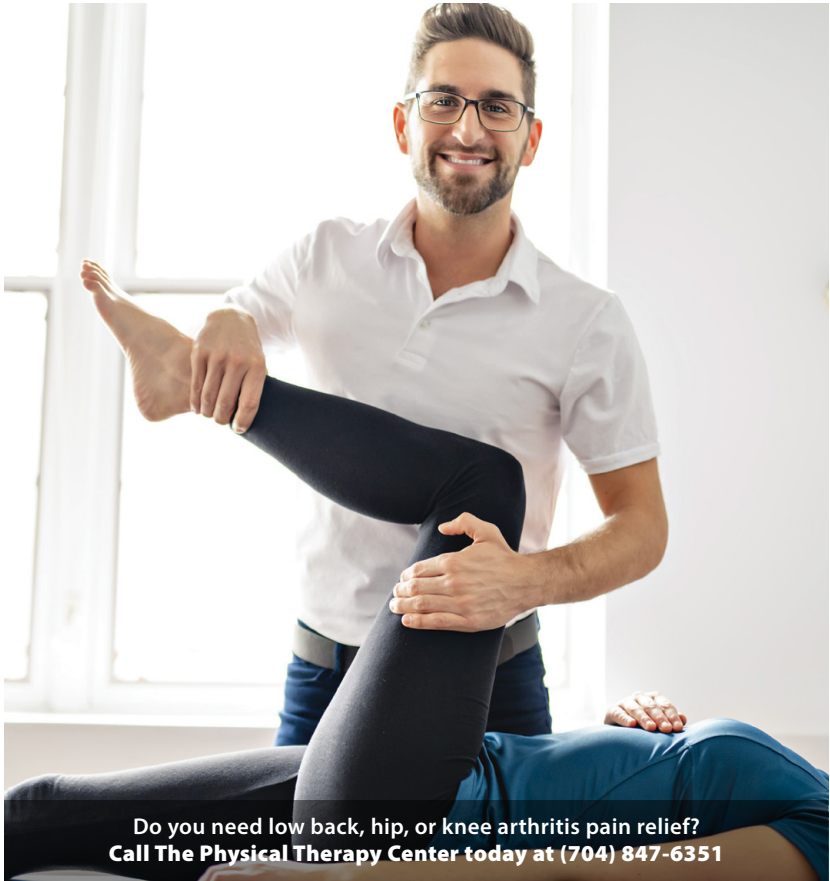




NATURAL RELIEF FOR
**LOW BACK, HIP, &
KNEE ARTHRITIS PAIN**

PHYSICALTHERAPYCENTER.ORG



Do you need low back, hip, or knee arthritis pain relief?
Call The Physical Therapy Center today at (704) 847-6351

Relieving Low Back, Hip, & Knee Arthritis Pain

If you're constantly facing lower back, hip, or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.



What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races, and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.



What Causes Lower Back, Hip & Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear, and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip, or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance, and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at the Physical Therapy Center and Sports Medicine can get you moving pain-free again!

Book An Appointment Today!

Arthritis and Physical Therapy

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce the risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today and ask about ongoing physical therapy treatment to restore mobility, comfort, and quality of life. See how we can help your joints feel better and move better!

Go online or call us to schedule an appointment today.



Sources

- <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>
- <https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>
- <https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>
- <https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>



Feel Better By Eating Better!

Chocolate, Peanut Butter, & Banana Shake

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 1 banana
- 1 cup of spinach
- 2 tbsp of natural peanut butter
- 1 tbsp cacao nibs or dark cocoa powder

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 847-6351

Waxhaw Location
(704) 843-7000

South End Location
(980) 833-1293

Monroe Location
(704) 283-6700



When To Use Ice & Heat for Pain Relief



When you've just sprained your ankle or pulled a muscle, all you want is some pain relief. If painkillers are handy, you probably pop a couple of them. If not, you ask for some ice... or was that heat instead?

To sort out this confusion, let's see what they really do. Both ice and heat relieve pain and help recovery.

How To Use Ice

Ice is useful when you want to reduce swelling. For example, your ankle balloons up after a sprain. This is because blood and fluid collect rapidly, making it both painful and stiff.

At this point, an ice pack helps to close off those tiny vessels. The blood flow slows down. Small nerves become numb, so the pain reduces. The muscles also relax. The inflammatory reaction is slowed down. As a result, your ankle is less swollen and painful.

Ice packs are very useful in bruises, strains, and joint swellings. Use them for any acute swelling, over the first 24 to 48 hours (except back strains). Ice helps later too while exercising the limb. Our friendly therapists can show you how to make movements less painful and

more flexible by using an ice pack just before or during exercise.

When Not To Use Heat

Don't use heat if you have a painful, red, or swollen joint. This increases circulation so that fluid collects, worsening the swelling and stretching or compressing the nerves and surrounding healthy tissue. This makes it still more painful. You'd be better off icing it.

When To Use Neither Heat Nor Ice

Whether you use hot or cold packs, be aware that you can damage your skin and deeper tissues by careless use.

Don't use it if you have an open or infected wound. If the circulation or sensation level is poor, as in diabetes, ice and heat could cause the skin to break down, get infected and worse.

But in ordinary injuries, ice and heat provide inexpensive, non-toxic pain relief. **Visit us for more help with using ice or heat. We'll speed up your recovery and get you moving more easily.**

Knee Extension Stretch



While sitting, tighten your top thigh muscle to press the back of your knee down towards the ground. Hold for 10 seconds. Repeat as needed.



Come back and see us!

Are you struggling from pain that won't go away? We want to help! Call us or visit physicaltherapycenter.org to schedule your consultation today!