PEAK TO SHORE
PHYSIOTHERAPY & SPORTS MEDICINE

MAY 2024

NEWSLETTER

Take a Proactive Approach to Arthritis Pain with Physical Therapy

Have you recently learned that your persistent joint pain is the result of arthritis? For many, this can be a challenging discovery, as the most common forms of arthritis have no known cures. But rest assured that you do not have to spend your life living with debilitating joint pain — physical therapy can help!

Arthritis refers to several conditions that cause joint inflammation, leading to its two primary symptoms: pain and mobility restriction.

The most common form of arthritis, osteoarthritis, can cause pain during movement. It's no surprise, then, that many people with arthritis wind up avoiding physical activity.

In reality, regular physical activity is one of the best ways to manage arthritis pain. Physical activity can also help delay the progression of arthritis — and help you avoid surgery.

As movement experts, the team at Peak to Shore is well-equipped to help you manage your arthritis pain. The physical therapy approach to arthritis management focuses on drug-free pain relief and regular movement. Best of all, it allows you to take a proactive role in your treatment.

Let's look at what happens when you exercise regularly with arthritis — and what happens when you don't. And if you'd like to learn more, call us to schedule an appointment today!

GOT ARTHRITIS? WHAT TO EXPECT IF YOU SKIP REGULAR EXERCISE

1. **Your muscles will weaken.** One of the big benefits of exercise is that it builds muscle mass. If you don't exercise regularly, your muscle mass will decrease — especially if you're older, as muscle mass naturally decreases as we age. What does this mean if you have arthritis? Without strong muscles, your impacted joints don't get the strength and stability they need to function, which puts even more stress on them — and means more pain in the long run.
2. **Your joints will get stiffer:** Our bodies are made to move, and when we don't move them frequently enough, our joints don't get the lubrication they need to run properly. This is as true for people with arthritis as it is for anyone else. Plus, since arthritis causes joint stiffness, not moving will only worsen your symptoms.
3. **You increase your risk of injury:** When you don't exercise, you start to lose everyday abilities like balance, stability, and coordination. You can also develop muscular imbalances, improper biomechanics, or postural issues, all of which increase your odds of suffering an injury.

CLICK HERE TO GET ON OUR SCHEDULE & TO START HEALING TODAY!

What Happens When You Do Exercise With Arthritis

1. **You'll experience less pain:** While it's true that activity can initially worsen arthritis pain, regular exercise will decrease your pain symptoms over time.

2. **You'll experience fewer mobility restrictions:** Just as regular exercise can decrease pain, it will also help improve your range of motion — meaning you can move more easily.

3. **The progression of your arthritis may slow:** Both osteoarthritis and rheumatoid arthritis — the two most common forms of arthritis — will gradually worsen over time and may eventually require you to undergo surgery. Exercising won't cure arthritis, but it will slow the damage to your joints.
4. **You may feel more empowered:** Living with a chronic condition is hard. Regular exercise can help you feel like you're taking an active role in managing your condition and reducing your pain.

5. **You'll experience other physical and mental benefits:** Exercise offers many benefits beyond pain management. It can improve mood and quality of sleep, protect you from heart disease and diabetes, and help you stay active and independent well into old age.

READY TO START EXERCISING? WE CAN HELP!

While the benefits of regular exercise for arthritis are undeniable, getting started can be challenging. Which movements are safe for you to perform? Which will provide you with the most benefits? What should you do if even simple movement is too painful? This is where our physical therapists shine! We'll create a customized arthritis treatment plan that speaks to your needs and abilities. Here's a taste of all that we can offer:

- Acute pain management using manual techniques and pain relieving modalities
- Personalized exercise programs with targeted, progressive exercises that build strength and improve mobility
- Specialized exercise programs to address balance and other functional challenges
- Guidance on general exercise programs to keep you moving outside our clinic

Don't let arthritis keep you from living an active, healthy lifestyle. Call us today to find out more about our arthritis treatment programs!

Sources: https://www.choosept.com/guide/physical-therapy-guide-rheumatoid-arthritis •https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis

Our Patients Get Great Results!

"Johnathan is professional, kind and such an expert. We began working with him on a referral for our daughter's (who dances competitively) knees. His work with her has been so impactful that my husband and I have each begun working with him for our own issues. 10/10 would recommend!" — T.J.

CLICK HERE TO LEAVE YOUR REVIEW & HELP US HELP MORE PEOPLE!

Rheumatoid Arthritis: A Quick Dive

Most discussions of arthritis focus on osteoarthritis, and for good reason: it's the most common form of arthritis in Canada. However, about 2-3% of the population develops rheumatoid arthritis (RA). It causes similar symptoms as osteoarthritis, including joint pain and limited mobility. If you've recently received an RA diagnosis, schedule an appointment at Peak to Shore to learn what we can do for you.

WHAT IS RHEUMATOID ARTHRITIS

RA is an autoimmune condition occurring when your body's immune system attacks otherwise healthy cells–in this case, the soft tissue in your joints. Researchers currently aren't clear on what causes this to happen, however.

SIGNS AND SYMPTOMS

RA's symptoms tend to go through cycles of flares and remissions. This means you'll have periods where symptoms are more intense and periods where they are less troublesome.

These symptoms include:

- Pain and swelling in joints on both sides of your body
- A gradual onset of joint pain, starting with the small joints in your fingers
- Stiffness and restricted range of motion in the affected joints, particularly first thing in the morning
- Redness, warmth, and tenderness in the affected joints
- Fatigue, low-grade fever, and a general sense of feeling unwell

What Else Should I Know?

- RA is more common among women than men.
- As with other forms of arthritis, regular physical activity can help manage RA symptoms. In fact, physical therapy at Peak to Shore offers a great, drug-free approach to managing RA.

Want to learn more? Call to schedule your appointment today! We can help you find pain-free living once again!

Sources https://www.ncbi.nlm.nih.gov/books/NBK441999/ • https://www.choosept.com/guide/physical-therapy-guide-rheumatoid-arthritis

Did You Know?

WE CAN ALSO TREAT:

- Arthritis
- Hip Injuries
- Chronic Pain
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!

Georgian Bay Location

1 First Street Unit 102
Collingwood, ON L9Y 1A1

705.446.2551

Stayner Location

7460 County Rd. 91 Unit 3
Stayner, ON L0M 1S0

705.446.2551

Wasaga Location

102 - 14 Ramblewood Dr.
Wasaga Beach, ON L9Z 0C4

705.446.2551

Craigleith Location

164 Craigleith Rd., The Blue Mountains, ON L9Y 0S4

705.351.4006