



RELIEVE YOUR ARTHRITIS PAIN

WITH THESE SIMPLE STEPS

www.TherapyWestPT.com



SCAN ME



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

Relieve Your Arthritis Pain With These Simple Steps



Did you know that arthritis is the leading cause of disability across the United States? According to the [Arthritis Foundation](#), approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

There are hundreds of different types of arthritis but the most common are **osteoarthritis** and **rheumatoid arthritis**. Osteoarthritis is the most common, and it happens as a gradual “wear and tear” of cartilage surrounding the joints. This can

occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because

of this, the immune system attacks the joints, resulting in pain and inflammation. While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

Whatever may be causing your arthritis pain, Therapy West Physical Therapy & Sports Medicine can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!



How Can Physical Therapy Relieve My Arthritis Pain?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility.

When you arrive for your initial consultation at Therapy West Physical Therapy & Sports Medicine, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.



Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs. Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

Book An Appointment Today!

12 Simple Steps for Relieving Arthritic Pains at Home

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s). **However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:**

1. Stretch multiple times a day.
2. Alternate between weight bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly-used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.
10. Eat nutritious foods.
11. Avoid fried foods, sodas, and other items that increase inflammation in your body.
12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best. **Find relief for your arthritic pains today with Therapy West Physical Therapy & Sports Medicine!**



If you think you may have arthritis, please see our website for additional information on your condition by scanning the QR code or by visiting www.TherapyWestPT.com



Feel Better By Eating Better!

Gluten-Free Breakfast Hash

- 5 medium-large potatoes washed and peeled
- 1 large white onion chopped
- 2 tbsp extra virgin olive oil
- 2 green onions trimmed and finely chopped
- 4 eggs
- 1/4 cup shredded cheddar cheese
- salt and pepper to taste
- 1/4 tsp paprika

Cut potatoes into 1/2 inch wedges. Heat olive oil in a large cast iron skillet or frying pan over medium heat. Cook potatoes for 25 minutes, covered, stirring every 4-5 minutes. Add chopped white onion. Cook for another 5-10 minutes, uncovered, and stirring constantly. When potatoes are crispy and golden brown, add green onions, salt, and pepper. Stir through. With your spatula, make four wells in the potatoes and crack an egg into each one. Sprinkle shredded cheddar all around. Cook until the egg whites are set, or until your liking. Cover pan with lid for poached eggs. Add more olive oil on eggs if desired. Sprinkle eggs with a pinch of paprika seasoning. Serve immediately.

Get Your Life Back with Therapy West

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

Gunnison
435.528.7575

Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



What's Happening Around the Clinic?

Accelerated Athletic Training Program

We are so excited about our new Therapy West Sports Performance Program. The sports performance program will be focusing on 5 main areas including: Speed Training, Agility/Quickness training, Vertical Training, Hip and Core Strengthening, and Running Mechanics/Form. Goals of the program will be to increase the athletes speed, vertical jump, core and hip strength, foot quickness, and allow the athlete to be more efficient in their running and athletic movements.

We will be combining the latest research in speed and agility training with state-of-the-art equipment to accomplish our goals. Our over speed training will be performed on a high-speed body weight support treadmill system allowing the athlete to train at high speeds in a safe environment. This system will also allow for running form corrections as the athlete is performing the running activities. Our vertical training will use the VertiMax training system combined with plyometric exercise training. Our agility/quickness and hip/core strengthening will be accomplished with a very specialized exercise program. We are so excited to be able to assist our athletes in their athletic development and goals. The sports performance program will benefit all athletes in all of their various sports activities.



Ben Robinson
DPT, Clinical Director

Ben Robinson, DPT, attended the University of Utah for both his pre-physical therapy degree and his doctorate degree awarded in 2006. While in Mount Pleasant Ben continues to enhance his physical therapy skills with advanced training in Dry Needling, Joint mobilizations, Athlete Development, Kinesio Taping, Orthotics etc.

Ben volunteers with the North Sanpete High School athletic program, Wasatch Academy Nationally ranked basketball team, and Snow College athletics. Ben evaluates each student athlete and sets up a plan that will work with the injury. *"I believe hands-on manual skills will improve what the patient needs. A heavy emphasis on exercise and movement when healing the body will produce significant progress. Special and specific testing is done to evaluate the problem to see what is wrong and then address this through therapeutic exercise. I try to tailor this to the patient's interests and activities."*

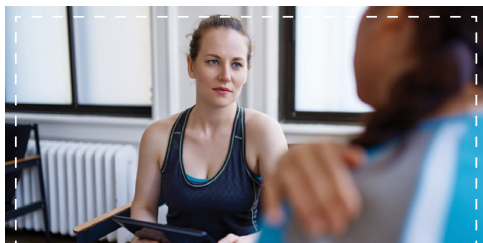
Living in Mt. Pleasant is an ideal location for Ben and his wife Kaylin to raise their four children. Family Activities include camping, fishing, hunting, biking, hiking, snowboarding, watersports, sports, anything outdoors etc. The family enjoys watching as well as participating in athletic events. Keeping fit, himself, Ben has a personal exercise program and likes to bike. *"I want to build a relationship with the patient so when they walk out the door they feel better than when they walked in."*

Exercise of the Month Straight Leg Raise



While lying or sitting, slowly raise your leg, keeping your knee straight and your toes pointed outward. Hold for 2 seconds, then slowly lower your leg to the starting position. Repeat 6-10 times with each leg.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 6/30/21