



FINDING RELIEF FOR ARTHRITIS WITHOUT HARMFUL DRUGS



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FINDING RELIEF FOR ARTHRITIS WITHOUT HARMFUL 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 Peak Performance Physical Therapy 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.

A MESSAGE FROM THE CEO



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of
Peak Performance
Physical Therapy

Arthritic pain, especially in the hands, can affect daily activity and cause varying levels of pain. I remember personally seeing a patient, a plumber by trade, in our clinic. He was unable to work due to severe arthritis in his hands. With his range of motion severely limited, it was crucial to his profession that we help restore the full function of his hands. Our physical therapy care plan included range of motion and soft tissue work, mobilization, and strengthening. It was so rewarding to see him regain full functionality and return to work better than ever. At Peak Performance Physical Therapy we have orthopedic hand specialists to help you get back to daily activity sooner, so you can reach your peak.

WILL EXERCISE INCREASE MY ARTHRITIS PAINS?

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?

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.

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 Peak Performance Physical Therapy. We’ll get you feeling comfortable again in no time – without the need for pain management drugs!

COLLABORATION CORNER



Introducing a new addition to our monthly newsletters, the Collaboration Corner, which will feature local physicians and Peak Performance Physical Therapy’s trusted partners.

Please meet Dr. Mesko, a fellowship trained orthopedic surgeon who completed residency at the Cleveland Clinic and further pursued his interest in hip and knee adult reconstructive surgery with a fellowship at RUSH University Medical Center. He trained with many of the leading innovators in minimally invasive techniques, outpatient surgery and complex revision arthroplasty surgery. Dr. Mesko values engaging patients in education and active dialogue. Dr. Mesko collaborates with Peak Performance Physical Therapy in shared decision making for optimal return to the patient’s lifestyle.

STAFF SPOTLIGHT



Kristin Coleman, PTA

Kristin has been a PTA for over 17 years and in management since 2010. Graduated from Baker College, Muskegon in 2004 as a PTA. In pursuit of a Bachelors of Health Care Management from Baker College. She utilizes various approaches including the Graston technique, Kinesio taping, Muscle Energy Technique, and was Aquatic Therapy Certified for 8 years. In her free time, she really enjoys being outdoors with her 4 dogs and fiance Justin camping, kayaking, hanging at the beach, or hiking some trails. She is also a big fan of Detroit Tigers baseball!

PATIENT SUCCESS SPOTLIGHT

"Peak Performance Physical Therapy is at the top of the PT game. All the physical therapists are very knowledgeable and personable. The PT assistants are always helpful. And I can't say enough about the okemos scheduling and office staff. They are professional, delightful and know you by name by your second visit. Thank you for making my recovery an enjoyable experience. You guys are the best."

-Amy Phillips

HEALTHY RECIPE

EASY APPLE CIDER

Ingredients

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

Instructions

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.



OUR SERVICES

- Manual Therapy
- Massage Therapy
- Personal Training
- Group Training
- Individual Training
- Kinesio Taping
- IASTM
- Dry Needling
- Electric Stimulation
- TIP Certification
- Nutrition Services
- Injury Prevention Seminars
- Educational Forums
- And More!

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



517-305-4955