

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

# Innovative Newsletter



INSIDE:

CHRONIC PAIN

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

*We would love to hear your success story!*

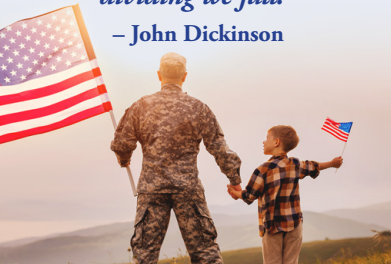
If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

REVIEW US

## Quote of The Month:

*"Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall."*

- John Dickinson



CALL TODAY!

(315) 786-0655

Find Out How To...

## RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

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.

At Innovative Physical Therapy Solutions you can find solutions to your pain and get back to living the life you enjoy!

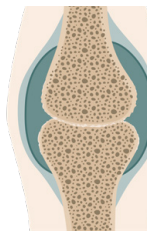
Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition 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 Innovative Physical Therapy Solutions can help!

### What Is Arthritis?

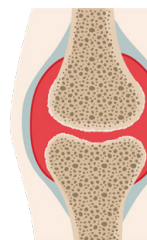
Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

**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.



Loss of articular cartilage  
Bone ends rub together  
Degenerative disease  
Asymmetrical

**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.



Swollen inflamed synovial membrane  
Erosion of bone  
Autoimmune disease  
Symmetrical

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

*Continued inside.*

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

CLICK HERE FOR MORE INFORMATION

www.innovativeptsolutions.com

Continued from previous page.

## What You Can Do To Help Your Arthritis Pain

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 Relieve 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



[REQUEST FREE CONSULT](#)

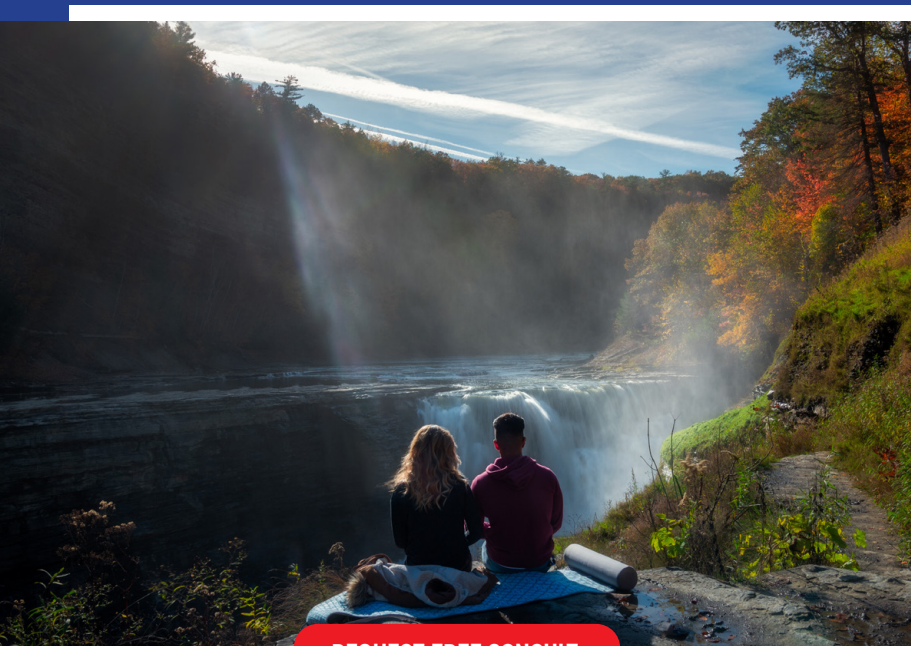
pain and improve your function. At Innovative Physical Therapy Solutions, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

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!

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

# CHRONIC PAIN DOESN'T HAVE TO DICTATE YOUR LIFE



[REQUEST FREE CONSULT](#)

If you are looking for a safe and effective way to treat your chronic pain, physical therapy is the answer. Our physical therapists will begin by conducting a comprehensive exam to check for any imbalances, weaknesses, or limited ranges of motion. This will help determine where your chronic pain is originating and what the best course of treatment will be for you.

There are a large variety of diseases that can lead to chronic pain, including:

- multiple sclerosis
- neuropathy
- diabetes
- fibromyalgia
- arthritis
- cancer

The chronic pain experienced by these conditions can range from dull to severe, but it can be managed or even alleviated completely with physical therapy at Innovative Physical Therapy Solutions.

To find out more [CLICK HERE](#) to visit our Chronic Pain page.

Ready to take back your life? [CLICK HERE](#) to request your Free Consult and get started!



## Get started on your path toward recovery and relief!



# 5 STAR REVIEWS

**“Thank you to everyone at Innovative for making this experience a positive one!!** Thank you for being so accommodating and patient with me and my children!! Definitely recommend this place to anyone who is looking for pelvic floor therapy, lower back, or any kind of physical therapy really!” – Cathleen

**“Laser work is always excellent here with Mike and very professional with impressive results....amazing.”** – Mike

**“Everything was good and made me feel better.** Very professional and I would recommend for anyone who needed help” – Tracy

Share your success story!  
Click below to leave us a review.

LEAVE US A REVIEW

## Exercise To Help With Pain

Try this simple exercise to help you feel better...  
Share this with a friend or family member to help keep them healthy too!

### SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



Try this exercise to relieve pain.

## Innovative PT Coupons

**FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!**

**(315) 786-0655**  
**CALL TO SCHEDULE TODAY!**



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.  
Expires 8/30/23



REQUEST FREE CONSULT

316 Sherman Street, Watertown, NY 13601

**315.786.0655**

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