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PHYSICAL THERAPY SOLUTIONS

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25
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INSIDE:

5 STAR REVIEWS

DID YOU KNOW
ULTRASOUND COULD
BE USED FOR PAIN
RELIEF?

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.

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TODAY!**

(315) 786-0655



FIVE MYTHS ABOUT ARTHRITIS PAIN (AND ONE THAT MIGHT BE TRUE)

Arthritis is a common condition affecting about 20% of the US population. Despite this fact — or perhaps because of it — myths and misconceptions surrounding arthritis abound. Unfortunately, many of these myths can contribute to more pain and a decreased quality of life for people struggling with the condition.

At Innovative Physical Therapy Solutions, we want to help dispel some of these myths. By understanding the intricacies of arthritis, you can better manage your symptoms and live a full, active life.

Keep reading to find out some surprising facts about arthritis. And if you'd like to learn more about the role of physical therapy in arthritis management, call our clinic to schedule an appointment today!

Myth 1: There's Only One Type of Arthritis

We often talk about arthritis as if it's one condition, but the word actually refers to over 100 distinct conditions, all of which cause inflammation in the joints. The most common type of arthritis worldwide is osteoarthritis, a degenerative form primarily affecting older people. Because it's so common, people sometimes use "arthritis" and "osteoarthritis" interchangeably, but they are two distinct terms.

It's important to recognize the different types of arthritis because they can cause slightly different symptoms and complications. For example, rheumatoid arthritis (the second most common form of arthritis) is an autoimmune condition that can cause fatigue and fever alongside painful joints.

Continued on next page.

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FIVE MYTHS ABOUT ARTHRITIS PAIN (AND ONE THAT MIGHT BE TRUE)

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Myth 2: All Joint Pain is Some Type of Arthritis

Actually, there are many reasons why someone might experience joint pain. Overuse injuries, ligament tears, and bursitis can all trigger pain and restricted mobility in your joints.

If you're struggling with persistent pain in a joint, your best bet is to schedule an appointment at Innovative Physical Therapy Solutions. Our physical therapists will perform a comprehensive assessment and can let you know for certain what's causing your symptoms.

Myth 3: Arthritis Pain is a Normal Part of Aging

Because the most common form of arthritis primarily affects older people, many assume that arthritis pain is an inevitable part of growing older. In reality, 53% of adults aged 65 or older haven't been diagnosed with arthritis. Even among people 80 or older, around 43% don't have a diagnosis.

Age is certainly connected to arthritis, particularly osteoarthritis, but you have options for preventing its development. Furthermore, developing arthritis doesn't necessarily mean you have to suffer.

Myth 4: There's Nothing You Can Do About Arthritis Pain

Along with Myth #5, this is one of the biggest myths out there. While it's true the most common types of arthritis have no cure, you can manage your symptoms and delay the condition's progression — all without surgery, too!

Physical therapy is one of your options. We can help you manage your pain through manual therapy and therapeutic exercise. Diet also plays a role; eating a healthy diet rich in fruits, veggies, and whole grains can help minimize joint inflammation.

Myth 5: You Shouldn't Exercise If You Have Arthritis

Of all the arthritis myths, this is probably the one that has done the most damage. While it might seem logical on the surface, especially if you have osteoarthritis, exercise and movement actually protect you against arthritis pain!

Staying active throughout can help prevent arthritis from developing in the first place. But if you've already developed the condition, regular physical activity is essential in reducing your pain and mobility restrictions.

The key is to ensure you perform low-impact activities that don't put too much stress on your joints. The team at Innovative Physical Therapy Solutions can help you find the right exercise program to suit your needs.

Myth 6: Weather Changes Cause Arthritis Pain

Surprisingly, the myth might have some truth to it. While weather doesn't cause arthritis pain, studies show that some rheumatoid arthritis patients experience slightly increased symptoms in cooler weather.

Separate Truth From Fiction with Innovative Physical Therapy Solutions

Our team is here to help you manage your arthritis pain. We'll let you know what works, what doesn't, and help you find a customized solution that meets your needs.

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DID YOU KNOW ULTRASOUND COULD BE USED FOR PAIN RELIEF?



Ultrasound, a specialized method of physical therapy that uses mechanical energy to promote the healing process, can help you heal, no matter what aches or pains you may be experiencing. It can be used as a way to manage or relieve pain, treat injuries, and improve your ability to perform daily activities.

At Innovative Physical Therapy Solutions, our highly trained Watertown, NY physical therapists will design a treatment plan for your specific needs. This could include ultrasound treatments, depending on the nature of your condition and contributing symptoms.

At your initial consultation, a physical therapist will conduct a physical exam that will help in the diagnosis of your condition and how it should be treated. Your treatment plan will also take into account your medical history and any additional health restrictions you may have.

If you are suffering from pain or a recent injury, ultrasound treatments may benefit you.

Contact Innovative Physical Therapy Solutions today to find out more about our ultrasound services and how they can aid you in your recovery process.

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5 STAR REVIEWS

"10/10 recommend!"

"10/10 recommend! One of the physical therapists, Mrs. McAvoy, helped me so much and I've been having a significant decrease in pain since I started working with her. Also, the front desk staff is AMAZING!! They're always super friendly, accommodating, and very caring!" –Sophie

"Definitely recommend the laser therapy for pain treatment and scar tissue healing."

"Michael is very professional and pleasant. Definitely recommend the laser therapy for pain treatment and scar tissue healing. It helped my feet and wrist a ton!" –Alicia S.

**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!

HIP FLEXOR STRETCH – EDGE OF TABLE

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

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316 Sherman Street, Watertown, NY 13601

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