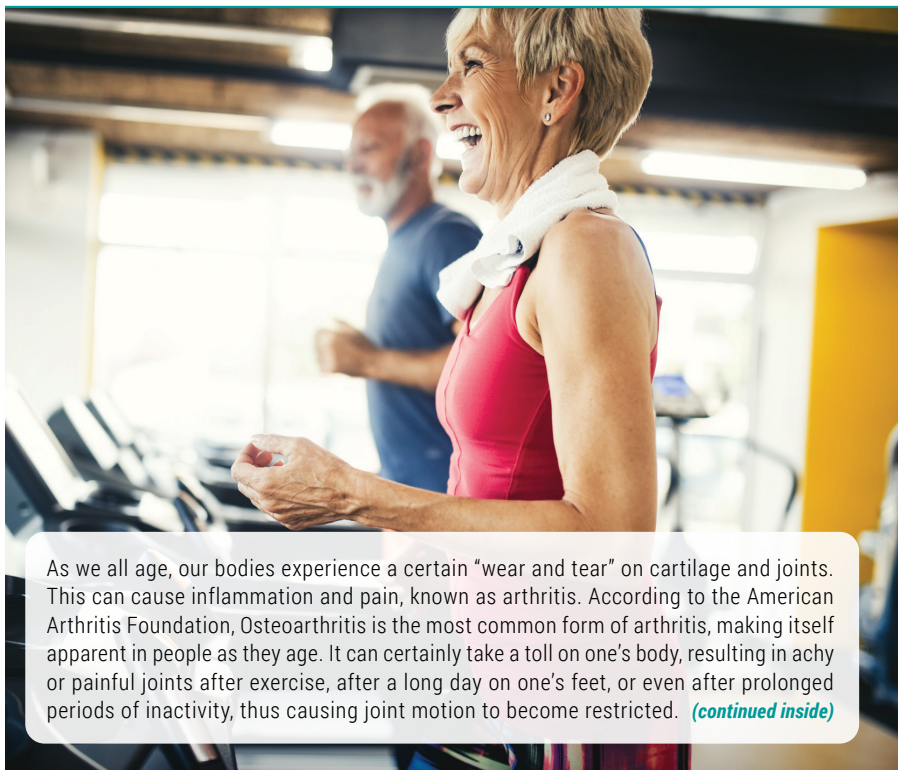


## OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP



As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joint motion to become restricted. *(continued inside)*

### INSIDE:

- How Can Physical Therapy Help Osteoarthritis?
- Posture Tips For Students
- Alter-G Treadmill
- Coupon Corner



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### *(continued from outside)*

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

### Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences

on a daily basis. Therefore, your likelihood to develop Osteoarthritis is dependent upon the physical activity and nutritional habits. Joint alignment can alter and the muscles around a joint can weaken over time, causing excessive loads on the cartilage. As cartilage wears down, Osteoarthritis becomes much more common.

**As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:**

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.



# How Can Physical Therapy Help Osteoarthritis?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening the muscles that support your joints, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, mobility, stability, muscle strengthening, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love! If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.



[www.shorelineptnc.com](http://www.shorelineptnc.com)

## Discover How To Live Pain Free!

At Shoreline Physical Therapy Sport & Spine Specialists, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.



**1. CALL AND TALK TO YOUR THERAPIST**



**2. DISCOVER WHY YOUR PAIN HAS COME BACK**



**3. GET YOUR CUSTOM RECOVERY PROGRAM**



[www.shorelineptnc.com](http://www.shorelineptnc.com)

## ALTER-G TREADMILL



Does your foot, ankle, hip, or knee pain make running or moving an uncomfortable feat? Do you suffer from arthritis that hinders your day-to-day physical abilities? These common conditions that can be extremely uncomfortable, making you feel limited in your mobility. Pain can be inconvenient and isolating, making many people

feel as if they are unable to do the activities they used to love. Fortunately, at Shoreline PT, we have the experience, methods, and tools you need to relieve your pain and reclaim your mobility. If your arthritic pains are slowing you down, you may benefit from our AlterG Treadmill treatments – the only anti-gravity treadmill.

The AlterG technology provides a controlled environment for patients to exercise and heal. This allows them to regain functionality and return to their normal activities much faster than they may have anticipated. If your arthritis is stopping you from living your best quality of life, contact Shoreline PT today to schedule a consultation with one of our dedicated physical therapists. The AlterG Treadmill could be the ideal treatment for you!

**CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396**

## Posture Tips For Students



The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. No worries, though, we have your back and we have some tips for you to improve your posture without even trying.

- 1. Adjust your backpack:** One of the reasons your back hurts is because the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.
- 2. Unload your backpack:** I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will literally take weight from your back and will improve your posture.
- 3. Wear both straps of your backpack:** The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>

[www.shorelineptnc.com](http://www.shorelineptnc.com)

## LEAVE US A REVIEW ON GOOGLE OR FACEBOOK!



**We Make It  
Easy To Leave A  
Review!**

Scan the QR Code to visit our Google page, click on our "Reviews" tab, and tell us how much you love Shoreline!



SCAN ME



**Connect With Us  
On Social Media!**

Scan the QR Code to follow us on social media and learn the latest about Shoreline!



SCAN ME

## Coupon Corner!

### FREE PAIN CONSULTATION



## 910-791-0396

**CALL TO SCHEDULE TODAY!  
NO PRESCRIPTION NEEDED**

Spots are limited so call today!

Call to schedule.  
Expires 4-19-21