

RELIEVE YOUR ARTHRITIS PAIN WITH THESE 12 SIMPLE STEPS



**DON'T LET YOUR
INSURANCE GO TO WASTE!**

(Details Inside...)

INSIDE:

• 12 Simple Steps for Relieving
Arthritic Pains at Home

• Alter G Treadmill

• Tips To Prevent Holiday Stress



RELIEVE YOUR ARTHRITIS PAIN WITH THESE 12 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, Shoreline Physical Therapy 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?

Arthritis 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 Shoreline Physical Therapy, 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 use of our Alter G anti-gravity treadmill, manual therapy, or ice and heat therapies. Your physical therapist may also include additional services as needed, such as weight management strategies to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.



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 Shoreline Physical Therapy!**

www.shorelineptnc.com

Featured Treatment

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!

Follow Us On Facebook!

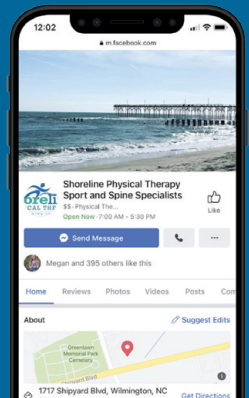
We stay active on Facebook to provide you important updates, what's happening around our clinic, patient success stories, and more!

Don't miss out - follow us today!



 SCAN ME

Scan the QR code to find us on Facebook or by searching for us @shorelineptnc today!



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

Staff Spotlight



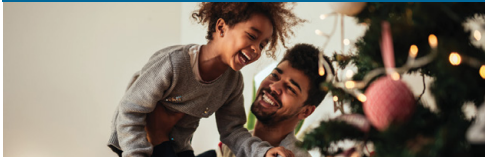
Jerome A. "Jai" Isear, Jr.

MS, PT, LAT, ATC,
Co-Owner



You can learn more about Jai and watch his introduction video by scanning the QR code or by visiting us online at www.shorelineptnc.com today.

Tips To Prevent Holiday Stress



Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

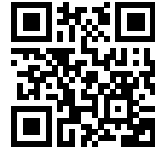
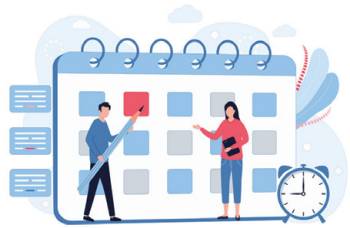
Plan Ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

www.shorelineptnc.com

Scheduling Your Appointment Just Got Easier!



In order to provide you with the quickest and easiest scheduling solutions, we've partnered with BetterPT. See how easy it is to schedule your next appointment with Shoreline Physical Therapy by scanning the QR code above!



DON'T LET YOUR INSURANCE GO TO WASTE!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!