



RELIEVING ARTHRITIS PAIN



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Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?

You could be suffering from osteoarthritis.

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Repetitive movement and prior injuries also contribute to the condition. Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. 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, joint movement, muscle strength, balance, and coordination. It’s even possible to eliminate symptoms, depending on the amount of arthritis you have.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Arthritis, Exactly?

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the “wear and tear” form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

[Learn more at imovephysicaltherapy.com](https://www.imovephysicaltherapy.com)

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WHAT CAUSES OSTEOARTHRITIS?

It's your time to heal. Get started at imovephysicaltherapy.com

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race)
- Specific bone/joint shapes

There are also physical risk factors associated with increased osteoarthritis including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e. contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage. However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

How physical therapy can help arthritis

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step. Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition

from worsening, and improve daily function. Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Call our clinic today

Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Source: <https://pubmed.ncbi.nlm.nih.gov/32364594/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/> • <https://www.hopkinsarthritis.org/arthritis-research/> • <https://www.frontiersin.org/articles/10.3389/fhmt.2021.63129/full> • <https://www.sciencedirect.com/science/article/pii/S036358691930297X> • <https://pubmed.ncbi.nlm.nih.gov/25785544/> • https://journals.lww.com/oa-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx



PAIN AWARENESS MONTH

September is Pain Awareness Month

Have you been living with chronic pain? Are you willing to do what it takes to feel good again? September is Pain Awareness Month and the perfect time to address your challenges. Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future.

Our clinic specializes in treating people from all backgrounds and experiences with pain. At iMove PT, our top priority is getting you back to doing the activities you love pain-free!



IMOVEPHYSICALTHERAPY.COM



"She was intense, driven and never let me give up!"

"My experience with iMove PT's therapist, Jill, was everything I needed to get me moving after knee replacement surgery. She was intense, driven and never let me give up! I would recommend her to anyone who needs any type of therapy. Thanks again Jill for pushing me through this!" — B.H.

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation. By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before. We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



Staff Spotlight: Dr. Jimmie Wilson

One of the common areas for treatment for the iMove PT SWMO treatment team is balance and fall prevention. Balance impairments can develop quickly with even minor medical issues. Our ability to have good balance relies on three primary components:

- **Vestibular system:** The semicircular canals in our inner ear detects movement of our head.
- **Visual system:** Vision provides input regarding our surroundings
- **Somatosensory:** This is information that specialized sensory cells in our body that allows us to know what position your body is in and if a body part is moving.

All of this information is sent to the brain where it is processed and coordinated to allow us to have good balance. If one of the systems is not working well, we can get by fairly well on two of the systems. If we have only one system working, our balance is very poor. What could impair one of these systems? Pathologies that could do this include strokes, inner ear infections, and crystal formation in the inner ear to name just a few. One of the most common is the development of a neuropathy due to diabetes. With a neuropathy loss of sensation can occur primarily in the lower extremities. Loss of vibratory sensation in the lower extremities is one of the earliest signs that a balance impairment may be developing.

When deficits are identified, treatment is provided to educate the patient on their deficits. Treatment is then focused on improving overall balance by developing the patient's use and awareness of all senses that contribute to balance. For balance to improve, a person's balance must be challenged in a safe and controlled manner. In the process of a person losing their balance, a person learns to how to correct and maintain their balance.

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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