



Don't Let Your Arthritis Keep You From Enjoying The Holidays

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 joints to constrict.

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, much of



your likelihood regarding osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. 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.

PATIENT SUCCESS STORY

“Thank you Dr. Basem Mankerious for your attention and care. I started with walking on a cane on my first visit to your clinic and upon completion of the therapy you provided me to walk out on my own with no assistant devices. I am delighted that I can walk again after my total hip replacement.”

— Mark H.



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 your joints and muscles once again, 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, stability, muscle regeneration, 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.

**CLICK HERE
to make your
appointment
today!**

Sources: <https://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf>; <https://www.arthritis.org/>



**DON'T LET
YOUR 2023
INSURANCE
BENEFITS GO
TO WASTE!**

**Take charge of your health today
and make the most of your
insurance benefits!**

If you've already met your deductible this year or have funds left in your HSA account, your physical therapy costs could be **FREE!** Don't let these valuable benefits go unused!



Visit us online www.thecornerstonept.com or call today (817) 826-9757

EXERCISE ESSENTIALS



AUTUMN RECIPE

EASY HOT APPLE CIDER

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar



In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

COME BACK TO PT!

**FREE 15-MINUTE
CONSULTATION**

CALL TO SCHEDULE TODAY!

(817) 826-9757

Offer valid for the first 20 people to schedule.
Expires November 30, 2023

**CORNERSTONE
PHYSICAL THERAPY**

5517 S Hulen Street
Fort Worth, TX 76132
Monday - Thursday, 8 am - 6 pm
TEL: (817) 826-9757

SUPINE PASSIVE INTERNAL ROTATION

Stretches the front of your shoulder

Get a lightweight stick, such as a yardstick, broom handle, or cane. Laying on your back on a mat. Hold the cane in both hands, the working hand should be on the handle of the cane. Your elbows should be at 90 degrees so your forearms are perpendicular to the floor. With the non-working hand, pull the cane so that working hand is just touching the chest. Keep the cane parallel to the floor throughout the entire movement. Repeat this motion as directed by your provider. 3 sets, 10 reps, 30 seconds hold.



PT WIRED www.ptwired.com Always consult your physical therapist before starting exercises you are unsure of doing.

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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

www.thecornerstonept.com

