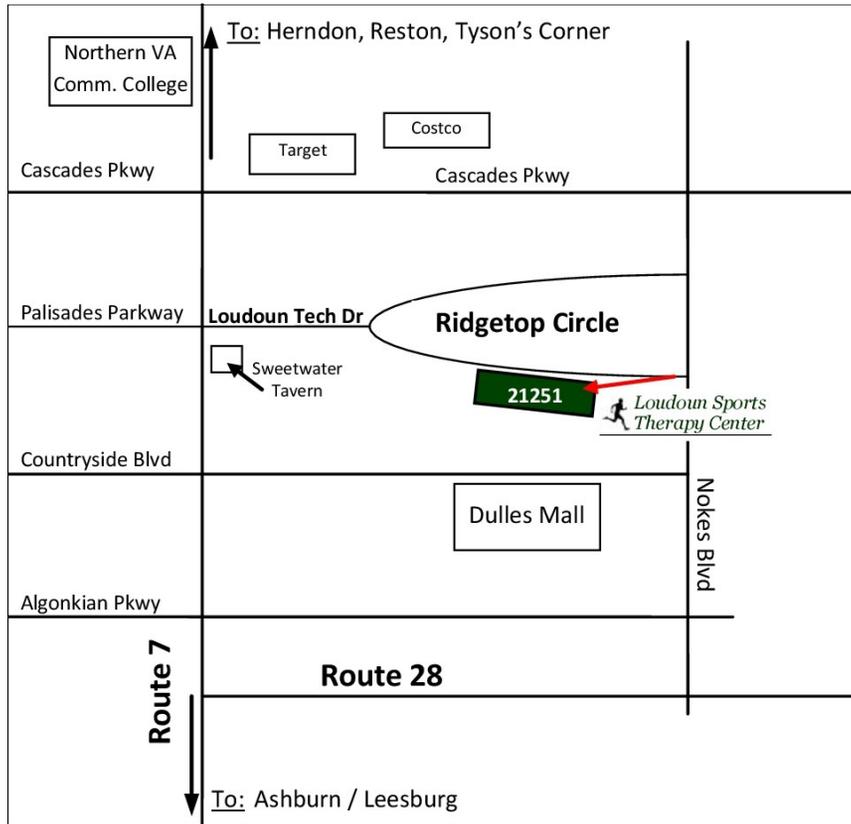


Loudoun Sports Therapy Center™
 Orthopedic and Sports Physical Therapy



21251 Ridgetop Circle, Suite 140, Sterling, VA 20166

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ARTHRITIS: Keeping Your JOINTS HEALTHY



What is arthritis and how does it occur?
 Read more inside to learn what you can do to
 reduce and manage arthritic pain.



At Loudoun Sports Therapy Center, we are specialists in treating all orthopedic conditions and injuries.

It's our goal to help you live a healthy, active, pain-free lifestyle. We want to help you achieve your goals.

Our main focus is on you, the patient, and the goals you need to achieve to return to active, pain-free living. We will work with you and provide personalized, individualized care based on your symptoms. This care will include manual, hands-on treatment, exercises and a home exercise program. Lastly, we ensure that all patients are educated on their condition and provided with injury prevention techniques to avoid a reoccurrence of your symptoms.

Our team consists of physical therapists, physical therapist assistants, and athletic trainers so you receive the highest quality of expertise, care, and patient education throughout your plan of care. All of our clinicians have a professional degree and a license to practice physical therapy. We do not use any unlicensed staff in our patient care.

While patient care is our main focus, we also believe it is very important to give back to the community. Throughout the year, we hold workshops to educate our patients and the community on ways they can improve their health and overall quality of life. **You can find a schedule of our events by going to www.LoudounSportsTherapy.com/event.** We also support several organizations in Loudoun County such as Irene's Prom Closet, Toys for Tots, and local food banks. It's very important to our mission as a local business to help those in need and we love that there are so many wonderful organizations with which to be involved allowing us to give back to the community.



"I was referred to physical therapy because I was experiencing pain in my right shoulder. I could not sleep at night because the pain kept waking me up. During the day, I had difficulty moving my right arm and could not reach over my head, make my bed or lift anything heavy. After six weeks of therapy, I can sleep without pain, do my household chores and lift things.

-Dorothy A.

Arthritic pain is not something that should prevent you from living life to the fullest.

The highly trained clinical staff at [Loudoun Sports Therapy Center](http://www.loudounsportstherapy.com) will help you address and manage your pain.

After a full one-on-one evaluation, they will design an individualized plan of care to you achieve goals that matter to your daily lifestyle.

DON'T WAIT ANY LONGER!
Call [Loudoun Sports Therapy Center](http://www.loudounsportstherapy.com) TODAY

703-450-4300

www.loudounsportstherapy.com



Wishing you the best - today and always,
The LSTC Team

Patient Testimonials



"I came to LSTC with a lot of hip pain due to a running-related injury. The pain continued to intensify to a point where it was just too painful to run so I sought physical therapy at LSTC. The therapists did a great job with my initial diagnosis and started me off with great info and instructions on what to work on here and at home. They were patient, knowledgeable, thorough and professional. I am feeling so much better now and ready to get back to running the trails and compete in my upcoming ultramarathon!"

~Jim A.

"Before starting at Loudoun Sports Therapy Center for my knees, walking for any distance was always painful. I would avoid stairs whenever I could. I have lose a considerable amount of weight and moving more seemed to bring out the pain. An accident at the pool didn't help with the osteoarthritis. Since coming here, I am walking any distance pain free! It doesn't define me or what I can do. I no longer avoid stairs, I embrace them, incorporating what I've learned here to continue getting stronger. I'm able to move faster than I ever have and can just about keep up with my 3-year-old granddaughter."

~Linda T.



"I have arthritis in both shoulders. The range of motion in my right shoulder was limited and the pain at night made it difficult to sleep. Now, after completing my plan of care at Loudoun Sports Therapy Center, my range of motion has much improved and I am now able to sleep much better at night."

~Alan I.

What is Arthritis?



Arthritis is a degenerative joint condition that occurs over time. Let's start by defining a joint. A joint is where two or more bones are joined together.

All bones have something called cartilage between them. Cartilage is the cushion that sits between the bones in a joint. When it's healthy, cartilage helps our bones slide and glide over one another rather than against one another. This makes it easier for us to move smoothly through a motion.

Arthritis happens as the cartilage in the joints wears down.



What is Arthritis?



Over time, our joints go through a lot of wear and tear. While this can come from intense physical activity, it can also occur from simple day to day movements we perform throughout our lives.

There is cartilage, or cushioning, between the bones in our joints. Arthritis occurs when this cartilage wears down causing the bones to rub together.

Arthritis is commonly seen among people who are very active as well as the general population over the age of 40.

Common symptoms of arthritis include:

- Pain and swelling inside the joint, meaning you won't see it
- Stiffness in the joint as well as the surrounding muscles
- Loss of range of motion
- Inability or difficulty straightening and bending that joint
- Grinding, popping and cracking in the joint

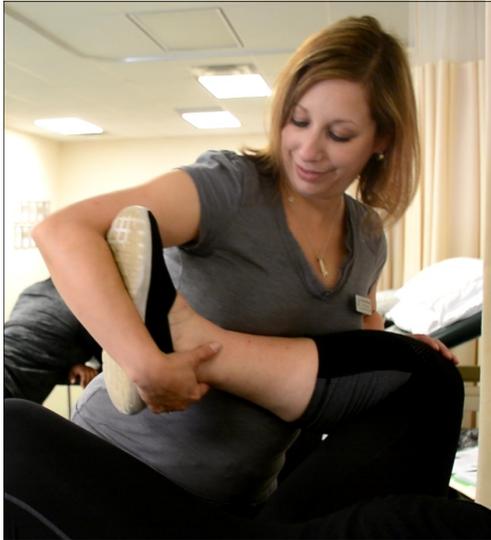
Is There A Cure For Arthritis?

While there is no cure for arthritis, its symptoms can be easily managed and the progression of it can be stopped.

Some activities that can help reduce the joint pain associated with arthritis include:

- **Daily stretching**
 - This improves flexibility and decreases joint stiffness.
- **Daily strengthening**
 - This helps decrease the pressure on overburdened joints.
- **Walking**
 - Walk for 15-30 minutes several times a day.
- **Swimming**
 - Buoyancy and warm water help soothe achy joints.
 - Low impact aerobic exercise helps strengthen your muscles without overloading or overstressing them.
- **Posture checks**
 - Improve your posture when you stand and sit.
- **Change your sleeping positions**
 - Optimize your spinal alignment and decrease lower back pain.
 - Place a pillow under your knees when you sleep on your back.
 - If you tend to be a side sleeper, place a pillow between your knees.

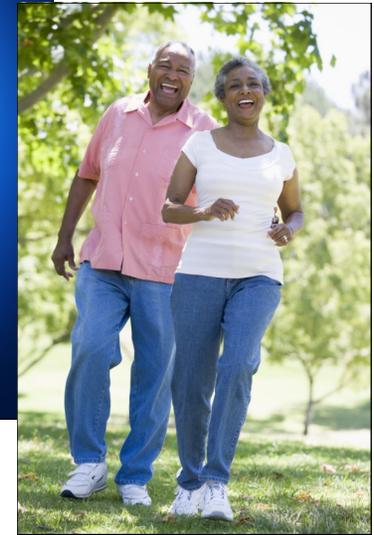




Physical therapy is a very effective treatment option to help manage arthritis. Physical therapy is proven to decrease pain and inflammation in the joints while increasing the range of motion, strength, flexibility and overall function. Physical therapy also helps keep the arthritis from progressing.

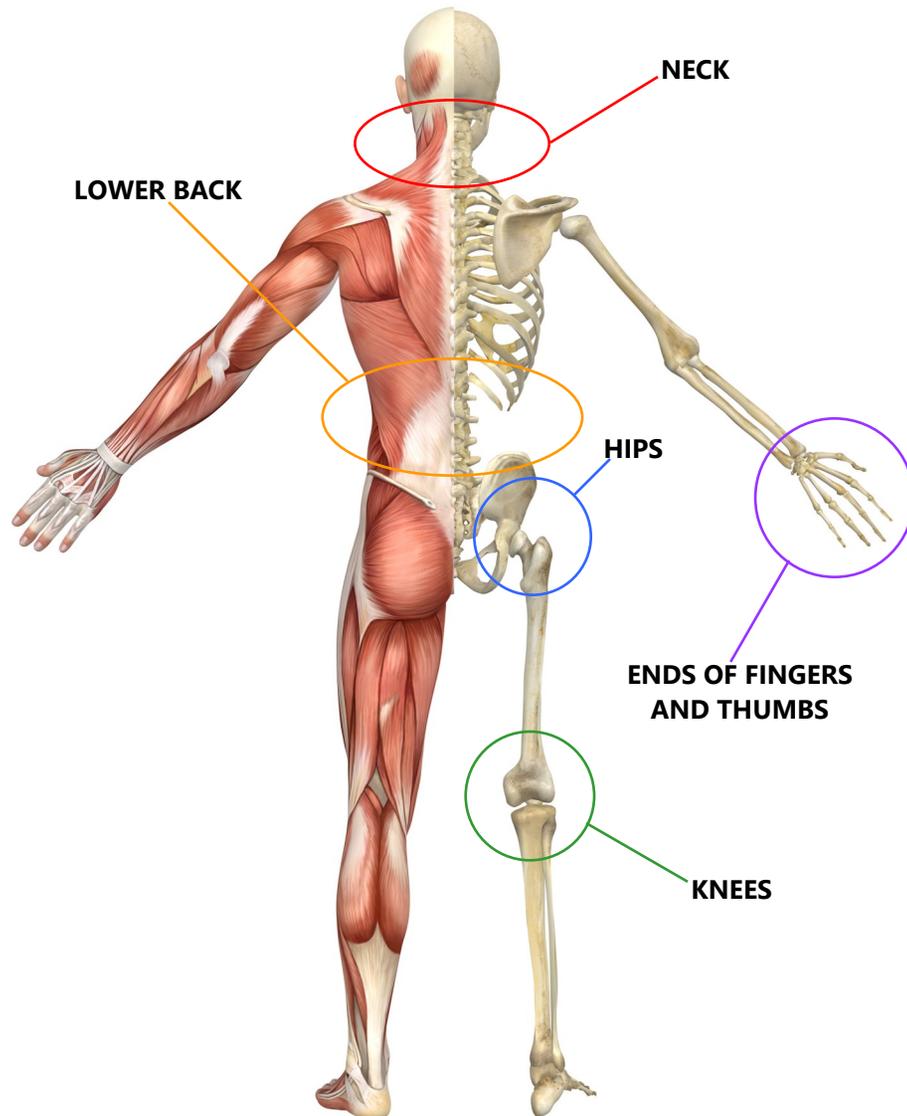
At Loudoun Sports Therapy Center, we design a plan of care specific to each individual's symptoms. A key component of every patient's plan of care is hands-on joint mobilization. This manual treatment increases joint mobility, which helps reduce pain.

Your plan of care will also include targeted stretching and strengthening exercises. These are geared specifically to YOUR condition and help increase the lubrication in the joints so you don't feel as stiff or as much pain.



- **27 million:** Estimated number of Americans ages 25 and older who suffer from arthritis.
- **> 50:** Most cases of full onset arthritis develop in people who are over 50 years old. The arthritis develops in previously healthy joints over time due to increased use/activity and not taking care of the joints properly.
- **65:** By this age, more than half of people have some kind of arthritis in a joint.
- **1 in 10:** 1 in 10 people over 65 years of age have a major disability due to arthritis. This is mainly due to arthritis in one or both of the knees or hips.

Arthritis can occur in any joint but it is most common in the following areas:



A joint is where two or more bones are joined together. Joint stiffness is a broad lack of flexibility in a joint.

It makes it difficult to move through any kind of motion smoothly and can be the result of arthritis because there is a decrease in the space between the joints.

How does joint stiffness present itself?

- Trouble going up or down stairs
- Trouble getting up and out of a chair
- Pain or trouble moving after being in the same position for a prolonged period of time
- Problems reaching into a cabinet
- Problems looking up or turning your head

It's important to note when your joint stiffness is occurring and for how long.

What can you do or notice during the day that would give you the idea that maybe you have some joint stiffness? Ask yourself these questions:

1. Are you feeling tight in general; does it take time to get moving in the morning?
2. Are you stiff or sore the day after activity?
3. Do you have increased difficulty with daily activities like getting out of bed, taking stairs, reaching into cabinets or turning your head while driving?
4. Is the stiffness in one or multiple joints?
5. When and where is any redness or swelling?
6. How long does the stiffness last?

