



Treating Arthritis with Physical Therapy

Even though arthritis is a progressive disease, that doesn't mean that your patients can't take control of how it affects them. Symptoms can be effectively managed through lifestyle modifications such as weight loss and exercise. Physical therapy is a great way to get started!

Pain due to arthritis is often chronic, and can cause very dull, achy and stiff feeling joints. Often times, the stiffness and achiness is worse after staying in one position for a prolonged period of time. For example:

- Sitting
- Sleeping
- Standing

Can PT help with your patients arthritic joints?

PT can certainly help them to have less pain, and increase strength around their joints. LSTC can also help patients to improve range of motion in arthritic joints which is a huge problem especially in joints that are most affected like the spine, knees and hips. Losing range of motion, makes it more difficult to perform everyday tasks including walking and getting dressed.

What will their physical therapist do to help their pain?

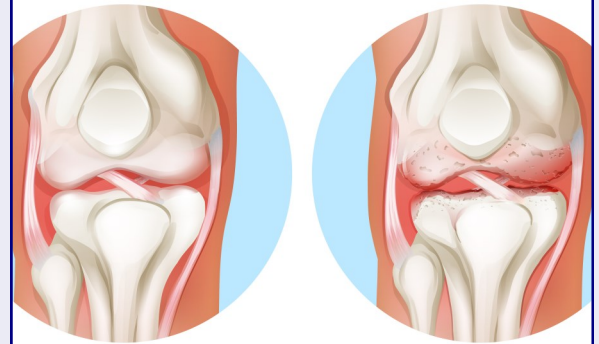
Your patients' physical therapist will evaluate your joint mobility, strength, and level of pain. In addition we will want to know what your patients are having difficulty with. Once we have this information they will be able to provide them with a stretching and strengthening regime to perform at home. In addition to that, in their visit the physical therapist will address any stiffness in their joints or muscles with what is called "manual therapy techniques". This essentially means that the PT will use their hands to loosen up a tight joint or decrease muscle tightness and painful muscle knots.

At Loudoun Sports Therapy Center our physical therapists will do a thorough evaluation and determine what needs to be addressed. The goal would be to increase the range of motion of the joints affected and increase the strength of the muscles that surround the joint. We can't change the structure of what is going on inside of the joint, but we can give it a support system so that less stress is placed on the joint and in return would result in less pain. Medications and steroid injections are prescribed when the pain is hindering daily activities, but are usually only temporary and/or assist with tolerating exercises.

At Loudoun Sports Therapy Center, our clinicians are experts at helping your patients for live a pain free and active life.

Call our office today at 703-450-4300 and schedule your patients physical therapy appointments.

Arthritis of the Human Knee Joint



Normal knee joint

Knee joint with arthri

Top 5 Reasons to send Your Patients to LSTC:

1. **NEXT DAY APPOINTMENTS AVAILABLE**
2. **ALL MAJOR INSURANCE PLANS ACCEPTED**
3. **HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA**
4. **PHYSICAL THERAPISTS AND LPTA's WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF**
5. **INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS' NEEDS**



"I came to LSTC to work on my balance, not get fatigued, and to improve my walking and strength in my core. Wow! After therapy, I am sleeping better with no Tyenol, walking better and can stand for a longer time! The PT staff is amazing, thorough, patient, and very encouraging. My home PT will continue with well documented instructions. I have arthritis and the PT has been a savior!"

Our expert staff can help your patients with:

ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries
- And more!



"PT was recommended by my doctor due to knee osteoarthritis. I now am taking less medication! While not entirely pain free, the pain is less. I also feel like my legs are stronger! In addition, I am well prepared for my home exercises to maintain my strength!"

We Make Referring Patients EASY!

Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!

We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.



Loudoun Sports Therapy Center™

We help you LIVE LIFE PAIN FREE with Physical Therapy!