

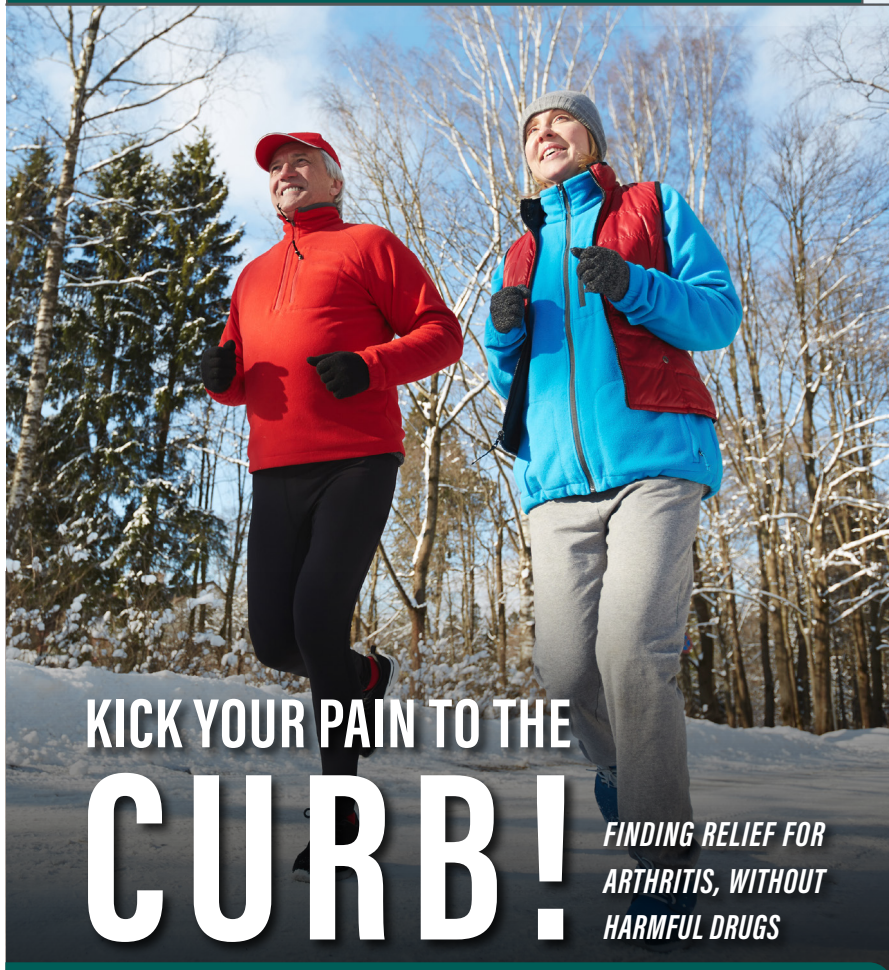


**WILLOW PHYSICAL THERAPY**

We Listen, We Care, We Get Results!

Health & Wellness

# NEWSLETTER



KICK YOUR PAIN TO THE  
**CURB!**

*FINDING RELIEF FOR  
ARTHRITIS, WITHOUT  
HARMFUL DRUGS*

**ALSO INSIDE:**

- SIMPLE TIPS FOR SHOVELING SNOW
- SEASONAL RECIPE
- EXERCISE OF THE MONTH
- PATIENT SPOTLIGHT



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# Health & Wellness

## NEWSLETTER

# KICK YOUR PAIN TO THE CURB!

*FINDING RELIEF FOR ARTHRITIS,  
WITHOUT HARMFUL DRUGS*



Millions of Americans deal with the aches and pains of arthritis on a daily basis. In fact, of the 40 million people in the United States who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can. If you are looking to find relief for your arthritis by treating it at the source – without the risks of side effects from harmful drugs – contact Willow Physical Therapy today.

### **Why is physical therapy better than medication?**

A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy – you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming.

With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and preserving range of motion. Some benefits to working with a physical therapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.
- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

**Are you letting pain hold you back? Call to schedule your appointment today! 907-456-5990**

# REGAIN YOUR FREEDOM TODAY!

## But wait – won't exercise increase my pain?

To put it simply – no! Your physical therapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended “rest” can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physical therapist, you can actually ease your arthritic aches and pains!

Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called

endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

## How can I get started on treatments?

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

Your physical therapist will examine your symptoms, severity of pain, and location of the arthritis, in order to determine the best-individualized treatment plan for your specific needs. If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Willow Physical Therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

**907-456-5990**



## Seasonal Recipe Sweet Potato Nachos

### INGREDIENTS

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1/3 cup chopped tomato
- 1/3 cup chopped avocado

### INSTRUCTIONS

Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado and serve.

Source: <https://recipes.heart.org/en/recipes/sweet-potato-nachos>

# EXERCISE OF THE MONTH

Try this movement if you are experiencing pain.

## IT BAND STRETCH | SIDELYING

Good exercise to help with knee and hip pain.

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. Repeat as needed.



Exercises copyright of



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## Patient Spotlight

***"I really appreciated all the tools I was given."***

*If nothing else, they taught me why old people have a balance problem, and how to help train your mind to overcome the problem. It takes practice to get better. I really appreciated all the tools I was given. Thank you Willow Physical Therapy. — Syd S.*



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[www.willowpt.com](http://www.willowpt.com) |  



## Simple Tips For Shoveling Snow

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.