



RELAX AND RELIEVE YOUR NAGGING ARTHRITIS PAINS

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CALL TO SCHEDULE YOUR APPOINTMENT TODAY! (870) 600-0738

RELAX AND RELIEVE YOUR NAGGING ARTHRITIS PAINS

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. That's a lot of people living with a painful condition that affects their everyday lives!

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have.

What is arthritis, exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

The good news is that our team of specialists at GTS Physical Therapy can get you moving pain-free again!

<https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>
<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>
<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>
<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

BECOME STRONG BY ATTENDING OUR HOMETOWN WORKSHOP

Come out and attend our pain relief workshops! All are welcome, although spots are limited, so sign up today!

ROTATOR CUFF WORKSHOP

APRIL 12TH, AT 4:30 PM

GTS PT- MOUNTAIN HOME LOCATION

ROTATOR CUFF WORKSHOP

APRIL 14TH, AT 4:30 PM

GTS PT- BATESVILLE LOCATION

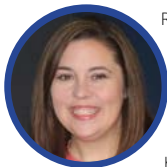
HOMETOWN STRONG

Hometown Strong donated \$1000 this month to Food Bank of North Central Arkansas



STAFF SPOTLIGHT

Reannon Russell, PT



Reannon Russell, PT, DPT joined GTS in June 2018. She is a 2012 graduate of the University of Central Arkansas and is certified in LSVT. Originally from Calico Rock, she now resides in Melbourne with her husband, Joe. In her free time Reannon enjoys spending time with her family, gardening, quilting and working with area youth on their livestock projects.

SEASONAL RECIPE

Irish Potato Bites



INGREDIENTS

- 20 organic red potatoes, small (golf ball size)
- 1/2 cup organic corned beef
- 1/4 cup organic cheddar
- cheese, shredded
- 1 tbsp organic butter, melted
- 1/8 tsp Salt
- Organic sour cream, (optional)

DIRECTIONS

Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

MONTHLY SPECIAL

Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

FREE SCREENING

Scan the qr code below to visit our website and see more information



WHAT IS LSVT BIG®?

LSVT Big® is a standardized treatment protocol used for the improvement of both gross and fine motor skills for people with neurological disorders, typically Parkinson's Disease. It can be used to treat various diseases, impairments, and conditions, which may fluctuate in severity from patient to patient. This form of treatment is customized to each patient's specific needs and goals, and it can be adapted or progressed to meet such requirements.

For more information regarding LSVT Big® treatments and the benefits they offer, contact GTS Physical Therapy today!

What are the benefits of LSVT BIG® treatments?

LSVT stands for "Lee Silverman Voice Treatment." Two branches come off of it; "Big" and "Loud." LSVT Big® is a form of treatment that may be unknown to most. These treatments are expanded from existing software used to help with speech.

While this is a treatment primarily done with Parkinson's patients, other conditions can benefit from it as well. It is based on the principle of neuroplasticity, which refers to the ability of the nervous system to change in response to signals - essentially, the brain's capability of learning and evolving.

Scientific research done on the results of LSVT Big® has reported significant progress in several categories for people struggling with Parkinson's Disease, including:

- Improved balance
- Increased trunk rotation
- Faster walking, with bigger steps
- Improvements in activities of daily living, such as dressing, bathing, eating, and writing

If you have a condition that impairs your motor skills and you'd like to learn more about the LSVT Big® treatments we offer, contact us today. We'll make sure you receive the treatment and care you need!

SUCCESS STORY



"After having 2 shoulder surgeries in a year, I have been a frequent patient at GTS Mt Home. I truly have to say that they are all top notch ladies and I have enjoyed my time with them pushing me to do my best. I will certainly remember each one of the ladies even if the pain was severe sometimes. 5 star rating from me." - Shawn G.

We want to hear from you!

Scan the QR code below to share your own success story. This will help inspire others to reach out for the same relief.



EXERCISE ESSENTIALS

Good stretch if you sit at a computer all day.

Prayer Stretch

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



COME BACK TO PT!

Call us today to schedule your next appointment!

(870) 600-0738

GTS**PHYSICALTHERAPY.COM**

