

NEWSLETTER



RELIEVE YOUR ARTHRITIC PAINS THE NATURAL WAY WITH PHYSICAL THERAPY

Tell Us How We Did!

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How Can I Relieve My Arthritis?

Discover how to gain relief from arthritis pain.

Healthy Recipe

Try a healthy recipe perfect to satisfy your nutritional needs!

NEWSLETTER

ENJOY FAMILY FUN WITHOUT ARTHRITIS PAINS



According to the Centers for Disease Control (CDC), 1 in 2 people will have symptoms of knee osteoarthritis sometime before the age of 85. They also state that approximately 54.4 million U.S. adults are diagnosed with some form of arthritis each year. Signs of arthritis may include pain with squatting, bending, or sitting too long. Pain that is worse in the morning but seems to disappear throughout the day may also be a sign of arthritis. There are a number of reasons why arthritis may occur, including:

- Normal or abnormal wear and tear on joint cartilage.
- Injuries that damage cartilage and joints.
- Diseases that damage cartilage.
- Lack of joint support from poor muscle strength and tissue flexibility.

Do you think you may be experiencing the signs of early-onset arthritis? Are you looking to manage your arthritic pains so you can live more comfortably? If so, contact Smart Sports today.

What exactly is arthritis? The term “arthritis” refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis

Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual “wear and tear” of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. While research is ongoing, in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

HOW CAN I RELIEVE MY ARTHRITIS?

While there is not yet a known cure for arthritis, there are some steps you can take on your own, in addition to physical therapy treatments, to make sure your pain is managed to the best of your ability. These include:

1. Getting exercise. Exercise is important for relieving pain and maintaining joint function. It is also vital in strengthening muscles, increasing flexibility, and improving blood flow. In order to avoid additional pressure on the affected joint(s), you can mix weight bearing and non-weight bearing exercises, such as aquatic exercises or bicycling. Your physical therapist will prescribe targeted exercises to you that you can do both during your PT sessions and on your own time.

2. Taking your vitamins. The Arthritis Foundation states that there are a multitude of benefits in taking glucosamine and chondroitin vitamins. Glucosamine is naturally made in the body and helps support the cartilage by retaining water and preventing wear. Therefore, taking additional glucosamine vitamins can help with damaged cartilage. Some studies have also shown glucosamine to slow down joint damage altogether. Consult with your physical therapist about additional supplements to help ease your pain and promote cartilage health.

3. Avoiding certain foods. Did you know that some foods actually increase the body's natural inflammatory response? Fried foods, soda, processed foods, and foods with high sugar content and high fat can cause the inflammation of your arthritis to worsen. By cutting out these foods, you can help naturally relieve the inflammation in your body.

4. Taking calcium and magnesium supplements. Having enough calcium and magnesium allows you to build strong bones while



simultaneously reducing irritated nerve endings, thus decreasing pain. If possible, find supplements that are in powder form that can be easily digested and help your body's intake of these essential minerals.

5. Getting plenty of rest. By allotting yourself 7-8 hours of rest each night, you are able to allow your body to repair and decrease pain. When you are tired, your body does not function as well, increasing the inflammatory response and reducing your pain threshold.

Contact Smart Sports for relief: Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, in many cases, physical therapy can even eliminate the need for risky treatment methods altogether, such as harmful pain-management drugs or invasive surgical correction. If you or a loved one is suffering from arthritis (or you think you might be), contact Smart Sports today. **We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life.**

CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!

BUDDHA NOODLES

INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds

DIRECTIONS

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>



Patient Success Spotlight



“They are wonderful to work with!”

“The physical therapy group is the best. I have had to use them in the past and this time for a hip revision surgery. They are wonderful to work with.” –Bonnie W.

DISCOVER HOW TO
LIVE PAIN-FREE

SMART  **SPORTS**

At SMART Sports, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

It's time to go to SMART Sports if:

- You're tired of living in pain
- You want to feel better and move better
- You have been in an auto accident or injured on the job
- You want to prevent injury



1. Call and talk to your therapist



2. Discover why your pain has come back



3. Get your custom recovery program



TELL US HOW WE DID!

Leave a review for our practice & help us connect with the community! Scan the QR code below to leave us a Google review!



FREE

**FREE 1 WEEK TRIAL
MEMBERSHIP**



GET

FIT!

CALL (307) 632-7677

NO contracts for any gym memberships. Our gym is OPEN 24/7!