Magnolia Physical Therapy

Newsletter

Your Body Was Made For Better Things Than Suffering From Pain!

THE NEXT STEP TO TREAT ARTHRITIS PAIN



There are many studies and patient success stories promoting the effectiveness of physical therapy for osteoarthritis. Our expert therapists have much experience in treating patients suffering from osteoarthritis and work to help you obtain optimal results.

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MAGNOLIA Physical Therapy

Freedom From Pain

Newsletter

I Decided To Do Something

About My Hip Pain! Do You Want To Take The Next Step Too?

INSIDE:

- Relieve OA Pain
- 6 Essential Steps
- Patient Results
- Recipe
- Exercise

CALL TODAY!

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Study Shows How to Relieve OA Pain

In a medical study, 83 patients with osteoarthritis were assigned to receive either hands-on physical therapy (treatment group) or a pill that actually did nothing to help their pain without them knowing (placebo group). Tests were done to measure how well the people were doing 4 weeks, 8 weeks and 1 year later. The results were very impressive with the patients who had hands-on physical therapy combined with gentle, specific exercises. They showed significant improvements in their pain, mobility and function.

By 8 weeks, patients were able to walk further and faster with much less, or completely resolved pain. Their joint stiffness, aches and mobility had improved by 55% as compared to the group who had no treatment. At one year, patients in the treatment group still were doing great in terms of less pain and more mobility. Other benefits included less need for surgery with only 5% of patients in the treatment group having undergone surgery as compared to 20% with the placebo group.

If you are suffering from osteoarthritis, our physical therapy treatments relieve your pain. Isn't it time you did something about your pain and movement? Call us today to learn more about our ARTHRITIS PROGRAM so we can make a positive difference in your life.

Annals of Internal Medicine: February 1, 2000 vol. 132 no. 3 173-181. Gail D. Deyle, MPT; Nancy E. Henderson, PhD, MPT; Robert L. Matekel, MPT; Michael G. Ryder, MPT; Matthew B. Garber, MPT; and Stephen C. Allison, PhD, MPT, ECS



You Can Relieve YOUR Arthritis Pain

"What Can I Do To Gain Pain Relief Independently?"

6 Essential Tips To Help Your Arthritis Pain

When it comes to treating arthritis, you may have more options than you realize. There is a lot you can do to reduce your aches and pains from arthritis, while gaining more mobility and function.

People often experience pain from arthritis because of stiff joints, muscles and other tissues. In addition, muscles become weak, therefore not supporting the arthritic joints. Our customized physical therapy treatments promote muscle strength, improve range of motion, increase mobility and ease pain. In addition, coupling your treatments with the following can also help you live life to the fullest and get you back to doing the things you love:

1. Education & self-management

When your treatment is over, our experts will have equipped you with the knowledge and exercises you need to continue your progress on your own.

2. Weight loss

Maintaining your recommended weight or losing weight if you are overweight can lessen your pain by reducing stress on your affected joints. Weight loss specifically helps ease pressure on weight-bearing joints such as the hips and knees.

3. Footwear & insoles

If arthritis affects your knees, special footwear and insoles can reduce pain and improve walking.

4. Manual Therapy

Hands-on, manual therapy from a licensed physical therapist can restore normal joint mobility, lending to less pain and improved function.

5. Heat & cold

Many people find the heat of a warm bath, heat pack or paraffin bath eases arthritis pain, while others find relief in cold packs. Some prefer alternating the two. The proper choice can make a difference in your recovery. Learn more about what works best for you by talking to our specialists.



6. Exercise

Exercise has been proven to help reduce arthritis pain while increasing strength and function. Knowing the right kind of exercises to do is the key. Talking with our physical therapists will point you in the right direction.

There is a lot that you can do to relieve the pain from arthritis and protect your joints for the long-term. Find out more about our ARTHRITIS PROGRAM by calling us today and discover how to relieve and reduce the pain of arthritis.

SUDOKU PUZZLE

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. A cell is the smallest block in the game. A row, column and region consists of 9 cells and the whole game consists of 81 cells.

		3	8					1
			3	7	5	4		
	7	9						2
		5	9					
1		6				2		4
					4	3		
3						7	2	
		7	2	4	3			
2					1	6		

http://1sudoku.com n° 310547 - Level Hard

KNEE EXTENSION STRETCH

Helps Loosen Tight Knees

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 8 times on both sides.



Physical Therapy Gets Results!



PATIENT RESULTS

"I can walk briskly without pain or fatigue."

Success Story

"When I started I could hardly walk without pain in my left leg. Stairs were impossible and I could not sleep without taking pain pills- it was depressing.

After coming to therapy, I can walk briskly without pain or fatigue. Stairs are no longer a problem and I am feeling positive.

This is my second round of therapy at Magnolia Physical Therapy and I can't say enough about the care and courtesy I received!"

MAGNOLIA
Physical Therapy
Freedom From Pain

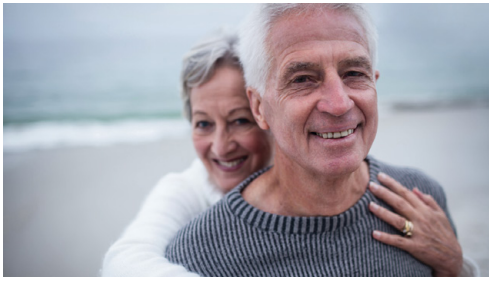
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The Gift that Keeps on Giving!

What could be more appropriate than the gift of wellness and better function for your spouse or loved one? Back pain affects 80 percent of the population at some point in their lives. Is back pain limiting your hubby's golf game? Give him the gift of a pain-free swing! Is your new bundle of joy increasing your wife's back and neck pain? Let us provide her with more comfort and relief.

Summer Recipe

GRILLED GREEN BEANS



Ingredients:
- 2 pounds fresh green beans, ends trimmed
- 2 tablespoons extra virgin olive oil
- 1/2 cup Marcona almonds
- 1/2 cup shaved Parmesan cheese

For the Orange-Shallot Dressing:
- 3 tablespoons fresh orange juice
- 2 tablespoons minced shallot
- 1 teaspoon Dijon mustard
- Pinch of kosher salt and ground black pepper
- 3 tablespoons extra virgin olive oil

Directions:

1. Make the Green Beans: Heat grill for direct grilling over medium-high heat. Toss beans with oil and place in grill basket. Grill 6 to 8 minutes or until beans are lightly browned and tender-crisp, stirring occasionally.

2. Meanwhile, make Orange-Shallot Dressing: In small bowl, whisk together orange juice, shallot, mustard, salt and pepper. While whisking, slowly drizzle in oil until all oil is incorporated.

3. Serve green beans sprinkled with almonds and cheese, and drizzled with Orange-Shallot Dressing.