

ALL FLARED UP



What is Arthritis?

Arthritis literally means "inflammation of a joint"- the place where two bones connect. Arthritis is very common but often misunderstood because it is not one single disease with easy-to-identify symptoms.

There are more than 100 different types of arthritis and related conditions. The most common type of arthritis is **osteoarthritis**. This occurs when cartilage

(tissue that protects the ends of your bones in the joint) wears down and causes aches, stiffness and pain in your joints. Arthritis most often occurs in weight bearing areas, such as knees or hips. If you suffer from chronic back, knee or hip aches and pains, then you may be suffering from osteoarthritis. But fear not, we can help!

PT Can Reduce Arthritis Pain

There are numerous studies and success stories surrounding the benefits and effectiveness of physical therapy for the treatment of arthritis. In fact, we treat people just like you with mild to severe cases. Whether you've just been diagnosed or it's been years since your diagnosis, hands-on physical therapy and exercise can be the solution to your pain! While it may seem irrational to exercise or stretch when you're experiencing pain, research confirms it will help.

Our therapists at **HealthQuest** Physical Therapy & Medical Fitness are trained and specialize in manual therapies, manipulations and techniques to achieve the results you need to not only get you out of pain, but to keep you pain free. At every visit you can expect to receive hands-on treatment as well as a stretching and exercise routine that will solidify

and strengthen your therapist's efforts. Our team will give you the tools to stay pain free. After therapy, you also get the opportunity to take advantage of our **GetFit Program**, which allows you to receive a free month of fitness tailored to your case.

Get Out of Pain Today!

If you're suffering from any type of arthritis, especially in your back, knees, hips, or shoulders physical therapy may decrease the disability associated with arthritis and may delay or prevent the need for more invasive treatments, such as injections or surgery. Isn't it time you did something about your aches and pains for good? Call us today at **HealthQuest** Physical Therapy and Medical Fitness so we can help you live your life well. If you're unsure if PT is right for your individual case, schedule a **FREE** consultation today and find out how we can help you!

Over 50 million Americans have arthritis making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected.

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855-**HQPT**-4-ME to schedule your **free consultation** or **training session!**

Exercise Essentials | Lower Extremity Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



Straight Leg Raise

While lying or sitting, contract your quad by pressing knee into bed/table and then raise up your leg keeping your knee straight. Keep the opposite knee bent with the foot planted to the ground.

- Hold 1 second
- Repeat 10 times
- Complete 3 sets of 10
- Perform once a day



Seated Hamstring Stretch

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

- Hold 30 seconds
- Repeat 3 times
- Complete 1 set of 3
- Perform once a day

(Pictures copyright of HEP2Go)

HomeTown Trivia...

What suburb is the location of both the first K-mart and the first Little Caesar's?

Visit **www.HQPT.com** and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on August 31, 2015)



Congratulations to our June HomeTown Trivia winner, Mark from Holly!

Patient Results....

"Arthritis was discovered in my knee when I (finally) went to the doctors because the pain was so bad due to a tear. I didn't want surgery so I opted to try PT. I was pleasantly surprised at how quickly the treatment helped my pain. The exercises and stretching helped too. Every morning when I wake up stiff, I follow the routine they created for me and my pain is gone!"

Sue B., Clawson



Ask the Therapist...

Question: Can physical therapy help my arthritis?

Answer: Physical therapy cannot cure arthritis but we can help to make your symptoms more manageable. People with arthritis often have stiff joints because they avoid movements that can increase pain. But what they don't realize is by not moving arthritic joints the stiffness and pain gets worse. In physical therapy we focus on increasing the range of motion in the joint and improve strength. For example, as the muscles along the front and back of your thigh (quadriceps and hamstrings) cross the knee joint, they help control the motion and forces that are applied to the bones. Strengthening the hip and core muscles can help balance the amount of force on the knee joint particularly during walking or running.

Question: How can I exercise and live a healthy life if I have arthritis?

Answer: Start by slowly making changes to your current routine. Don't change everything all at once. Begin by managing symptoms, like pain, stiffness and swelling. Slow, gentle stretching improves flexibility, lessens stiffness and reduces pain. Morning is a great time to stretch to get joints ready for the day's tasks especially since arthritis can be most bothersome in the a.m! Physical activity is a proven way to manage arthritis symptoms. Simple activities like walking can reduce pain. Although it is normal to have some pain during or after exercise, pain should not last longer than 24 hours. Maintaining a healthy weight is one of the most important components of managing or even preventing arthritis. There are no specific nutritional guidelines for an arthritis diet, but most doctors recommend eating a healthy diet including: proper portion size, balanced nutrition, Vitamin C to promote cartilage development, Omega 3 Fatty Acids to decrease inflammation, and ensure that two-thirds of your diet to include fruits, vegetables and whole grains. The other one-third should include fat-free or low-fat dairy products and lean sources of protein.



Share the Gift of Good Health!

Mention us to family & friends. For every new patient you refer, we'll send you a \$25 gift card...
Our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by Lichelle Lenk, lead PT at our Aquatic Center in New Baltimore.

Her love of healthcare and exposure to orthopedics started at a young age, which led her to begin her education at Grand Valley State. She was exposed to a wide variety of injuries and treatment techniques during her Doctorate Program at Grand Valley but fell in love with outpatient orthopedics. She has extensive training and certifications in orthopedic conditions and vestibular (balance/dizziness) treatment, and aquatic treatment. Daily she explores unique properties of the aquatic environment for patients of all ages with musculoskeletal, neuromuscular, and cardiovascular/pulmonary diseases, disorders, or conditions.

When she's not in the pool or at work with her patients, you'll find her running, playing with her German Shepherd, reading, gardening, or on the occasional shopping spree. She is most excited to dive head-first into the pool and help her patients. She loves to watch her patients' progress and is excited to have a hand in helping them on their quest of living life well.

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS
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SUFFERING WITH ARTHRITIS

We Can Help!

Couch to 5K Starting TODAY!

Sunday, September 27 is the annual **Brooksie Way!** Join one of our training programs and get ready for either your 1st or 50th half marathon, 10K or 5K. The Brooksie Way proceeds support programs that encourage healthy and active lifestyles and have given over \$50,000 to Oakland County communities. The Brooksie Way Expo, held on Oakland University's campus September 25 & 26, takes a holistic approach and offers a variety of local vendors who promote health, fitness, and wellness. All are invited to the expo. Be sure to stop by our table!

Register today at www.thebrooksieway.com and get involved in a great cause. You can use our team code HQPT2015 for \$5 off your registration! Contact any facility to get enrolled in the Couch to 5K program today!



Call us toll free TODAY to schedule your FREE Runner's Analysis!

1-855-HQPT-4-ME

10 LOCATIONS TO SERVE YOU

Clarkston
(248) 922-9001

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Clinton Township
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Lake Orion
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Macomb Township
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New Baltimore
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Rochester Hills
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