



RELIEVE YOUR ARTHRITIS PAIN

WITH PHYSICAL THERAPY

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain. Fortunately, at Achieve Therapy, our physical therapists can teach you how to improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and severe cases can lead to chronic pain and impact your quality of life.

At Achieve Therapy, our therapists can help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy! Contact us today to schedule a consultation and find out how our services can benefit you!

What are two common types of arthritis?

Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis. Approximately 25% of the adult population in the United States suffers from arthritis.

Osteoarthritis (OA) is the most common form of arthritis, and it is known as the “wear and tear” type of arthritis. Its main characteristic is the loss of articular cartilage and joint disability. The breakdown of the cartilage affects the whole joint, causing inflammation, loss of range of motion, and pain.

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation. Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

Rheumatoid arthritis (RA) is slightly different from osteoarthritis, and it is not as well understood. RA is inflammatory arthritis, and the source of joint damage is inflammation. 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, the immune system attacks the joints, resulting in pain and inflammation.

Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

Visit Us Online achieve-therapy.com or Call [866-320-3562!](tel:866-320-3562)



HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

Arthritic joints typically lose their normal levels of function and strength due to the breakdown of cartilage and inflammation. Due to the pain and restrictions, the most common reaction is to avoid using the affected joint. This, unfortunately, does not help and may make the condition worse. One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area(s). By restoring normal joint movement and improving muscle strength, the pressure on the joint can be relieved. This reduction helps reduce stress and helps relieve pain.

Treatment plans will include joint mobility exercises, targeted stretches, balance and strengthening exercises to relieve your pain and improve your function. In addition, your therapist may use specialized methods like manual techniques, balance drills, and modalities to get the best results.

What to expect at physical therapy

Physical therapy at Achieve Therapy helps by improving the motion of your joints, improving the strength of supporting muscles, and improving the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises.

Here are some steps you can take on your own to make sure your daily life is as pain-free as possible:

- Move your joints multiple times a day. Don't sit for more than 30 minutes.
- Don't overdo it; stop if you notice swelling in your joints.
- Keep the impact low. Low impact exercises like stationary or recumbent bicycles or exercise in the water reduce the stress on your joints.
- Apply heat to relax your joints and muscles and relieve any pain you have before you begin to exercise. Heat treatments should be applied for about 20 minutes.

- Ice afterward. Apply ice to your joints for up to 20 minutes as needed after activity, especially after activity that causes joint swelling.

Physical activity produces healthier joints and helps you get back to doing activities you enjoy. We recommend you work with your physical therapist to create a treatment plan and update it with a yearly check-up.

Call today for an appointment

Call Achieve Therapy today to learn more about our arthritis treatment programs if you live with joint pain. Don't let your arthritis limit you any longer — schedule your consultation today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/> • <https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true> • <https://link.springer.com/article/10.1007/s10067-020-05054-y>



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<https://www.sciencedirect.com/science/article/abs/pii/S105827462030906X>

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Patient Success



"Sara is awesome! She is personable, professional, and knowledgeable, and my foot has improved greatly! I am on my way to complete recovery after a whole year of pain!" – **William**

Staff Birthdays & Work Anniversaries

August Celebrations for Our Staff

Staff Birthdays

Matt Grasser | August 11th Sara Hovde | August 23rd
Mike St. Onge | August 23rd Hilaree Glenn | August 26th

Work Anniversaries

Laurie Holte | August 1st | 20 years
Cliff Lafreniere | August 1st | 20 years
Bri Wirkus | August 8th | 7 years
Matti Robinson | August 9th | 13 years
Lyndsi Klundt | August 15th | 4 years



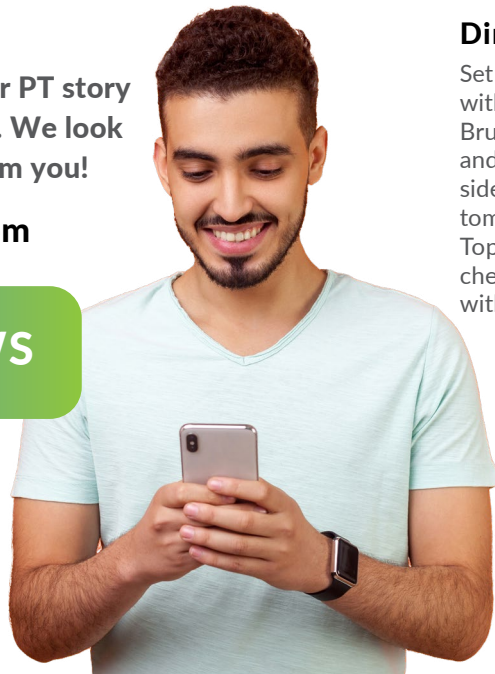
We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

achieve-therapy.com

★ REVIEWS

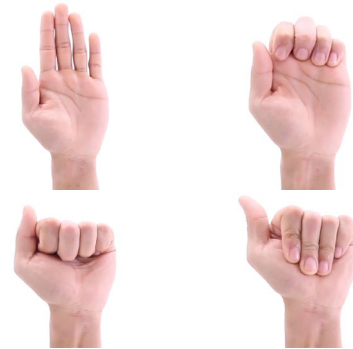


EXERCISE ESSENTIALS

AROM HAND/FINGER TENDON GLIDE

Try this exercise to reduce arthritis pain.

Start with fingers straight. Make hook fist, return to straight hand. Make full fist, return to straight hand. Make straight fist, return to straight hand. Repeat for 3 sets of 20 reps on both hands.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

GRILLED CHICKEN CAPRESE



Ingredients

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

Directions

Set grill to medium. Lay the chicken breasts flat and cut horizontally with a knife parallel to the cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on the grill and cook for 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2–3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.



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to start healing today!

JULY

CLINIC NEWS

AUGUST FITNESS MEMBER OF THE MONTH

Meet Delores, our fitness member of the month!

Here is what Delores had to say about her experience with Achieve:

"This is my first experience at a fitness center and I love it. The staff is very friendly and helpful. You are always greeted with your name and a smile. My husband is seen for therapy at Achieve so I joined the fitness center instead of sitting around while I wait for him, it was a great decision. I joined a great balance class with Hilaree as the instructor and she is great. On some days, we are her third class and she never gets tired! I have also met some great ladies in the class. If you want to get some good exercise and meet some wonderful people, join Achieve!"



STAFF SPOTLIGHT

Say Hello to Hilaree!

Hilaree is new to Achieve Therapy. She is a personal trainer, and brings energy and enthusiasm to our group classes! In her free time, she is involved in the local community theaters. She loves to sing, dance, hike, and work in her garden. She also spends time with her husband, Steven, and their cat, Khamira.



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