



NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!



April 2024

FIND RELIEF FROM OSTEOARTHRITIS PAIN

Are you experiencing persistent joint pain, particularly in a weight-bearing joint like your hip or knee?

Do you ever notice a clicking or grinding sensation in your painful joint? If so, you may have developed osteoarthritis, the most common form of arthritis in the United States.

Arthritis is an umbrella term for over 100 conditions that cause joint inflammation and lead to pain and restricted mobility. The source of that inflammation will vary depending on the type of arthritis. In osteoarthritis, it's caused by degeneration of the cartilage and bone tissue in the affected joint.

Osteoarthritis has no cure and can profoundly impact your overall quality of life, making it harder for you to stay active, keep up with chores, and enjoy time with your loved ones.

Fortunately, physical therapy at Achieve Therapy offers several tools and techniques to help you manage your symptoms — often enough that you can delay or even avoid surgical interventions.

If you're tired of living with osteoarthritis pain, call us to schedule an appointment today!

Understanding Osteoarthritis

The primary symptoms of osteoarthritis are pain and stiffness in the affected joint. These symptoms often manifest in the following ways:

- Pain during activity but not while at rest
- Pain when you press on the joint
- Joint stiffness first thing in the morning
- Joint stiffness after sitting or lying down for long periods
- Noises in the joint, including creaking, cracking, or crunching

While any joint can develop osteoarthritis, it most commonly occurs in weight-bearing joints like the knees and hips. However, it's also fairly common in the hands, spine, and feet. The causes of osteoarthritis are complex, and several factors can contribute to it. One of these factors is age: approximately 73% of people with the condition are 55 years or older. That's not to say osteoarthritis is an inevitable part of the aging process — plenty of older people don't have it. But your chances of developing it do increase as you age. Other possible factors contributing to osteoarthritis include past injuries to the joint, gender (women are more likely to develop it than men), body weight, and even genetic predispositions.

Visit us online at achieve-therapy.com or call the clinic nearest you.

Columbia

1425 S Columbia Rd.,
Grand Forks, ND 58201
701.409.1614

East Grand Forks

1421 Central Ave. NW,
East Grand Forks, MN 56721
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How Physical Therapy Can Help Manage Osteoarthritis Symptoms

The good news is that you can control osteoarthritis symptoms with the help of physical therapy. Although movement can be painful with osteoarthritis, exercise is one of the best drug-free ways to manage the condition. Our physical therapists will help you find an exercise program that suits your needs.

Here's how we'll do it:

- 1. Comprehensive Evaluation:** We start by evaluating how osteoarthritis impacts you, including performing simple tests to assess your strength, mobility, and/or balance. We'll also ask you about the ways that osteoarthritis is negatively affecting your life. For example, which activities do you find challenging?
- 2. Provide Pain Relief:** We'll use manual therapy techniques to help manage your pain and get the joint moving in a gentle way. For example, we might guide the joint through its current range of motion or manipulate the surrounding soft tissue.
- 3. Build Strength and Restore Mobility:** We'll develop a customized, progressive exercise program to rebuild lost strength and mobility in the affected joint. Building strength, in particular, can help support and protect the joint so you can move more easily.
- 4. Develop An At-Home Exercise Program:** You'll supplement your sessions in our clinic with a personalized home workout program to ensure you keep moving! We'll find something that suits your abilities and interests, such as a walking program or water aerobics.
- 5. Provide Strategies for Activity Modifications:** Finally, we can help you identify and avoid any specific activities that might put too much strain on your joints. If needed, we can also show you how to use mobility aids (such as canes or walkers).

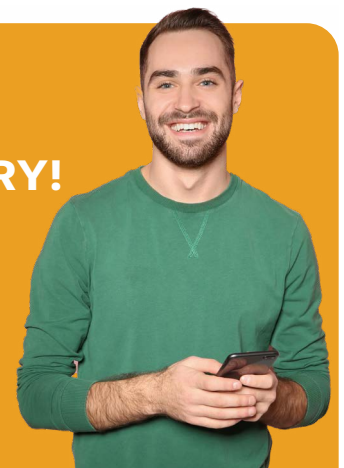
Don't Let Osteoarthritis Pain Hold You Back!

We know that living with osteoarthritis can be difficult, but the physical therapists at Achieve Therapy are here to help you manage your condition and live your life to the fullest. With customized treatment plans, targeted exercise programs, and acute pain management techniques, physical therapy can help you take control of osteoarthritis pain. Ready to get started? Call us to schedule your initial consultation today!



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE TO LEAVE YOUR REVIEW](#)

Sources: <https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis> • <https://www.who.int/news-room/fact-sheets/detail/osteoarthritis> • <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/benefits-of-exercise-for-osteoarthritis>



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Yummy Recipe: Lemon Asparagus Pasta



For the asparagus

- 1 lb thin asparagus spears, cut into 2" pieces
- 1 tbsp olive oil
- ½ tsp kosher salt
- Fresh ground black pepper
- 1 lemon (zest from half, plus slices from the other half)

For the pasta

- 8 oz fettuccine
- ¼ cup olive oil
- 2 cloves garlic, grated
- ½ teaspoon dried oregano
- ¼ tsp red pepper flakes
- ¼ cup Parmesan shavings
- 2 tsp panko
- ¼ cup fresh basil leaves

Directions: Preheat the oven to 425 degrees Fahrenheit.

Roast the asparagus: Cut off the tough bottom ends of the asparagus and cut it into 2" pieces. Add the stalks to a foil-lined baking sheet. Drizzle the asparagus with the olive oil, and add the kosher salt and a few grinds of black pepper. Slice the lemon in half crosswise. Thinly slice 4 wheels from one half of the lemon, then add them to the baking sheet. Zest the other half of the lemon, sprinkle it onto the asparagus and mix with your hands to coat. Bake 10 to 15 minutes, until tender when pierced by a fork at the thickest part. The timing will depend on the thickness of the asparagus spears. **Cook the pasta:** Meanwhile, bring a salted pot of water to a boil and cook the pasta to al dente. Do not drain. In the serving bowl, stir together the olive oil, oregano, grated garlic and chilis. When the pasta is done, use tongs to transfer the pasta from the boiling water into the bowl with the oil mixture without draining. Toss with the olive oil mixture until coated. Add the roasted asparagus and toss. Top with the Parmesan shavings and panko. Add basil leaves and serve immediately.

Personal Training At Columbia

Thank you for your interest in personal training with Achieve Therapy and Fitness! We strive to provide a continuation of care to get you back to your best life possible. Our personal trainers have open dialogue with your Achieve physical therapist to ensure that you continue to build upon the progress you have been making. Whether you need detailed instructions on proper form or you want the accountability to keep consistent with your exercises, we are dedicated to helping you succeed in your fitness and mobility goals!

Visit us at our Columbia location for a tour of the gym or simply sign up for a package at the front desk at any of our locations!

You will receive a \$50 gift card to put towards your first package if you sign up within 30 days of discharge from your physical therapist. We hope to see you soon!

Personal Training Rates

	Single	Duo	Trio	Quad
5 30 Min Session	\$30	\$27	\$25.50	\$24
5 60 Min Session	\$60	\$54	\$51	\$48
5 30 Min Sessions	\$135	\$121.50	\$114.75	\$108
5 60 Min Sessions	\$270	\$243	\$229.50	\$216
10 30 Min Sessions	\$240	\$216	\$204	\$192
10 60 Min Sessions	\$480	\$432	\$408	\$384



Get Started At Columbia Today!

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Fitness Members Of The Month



Terrific Three

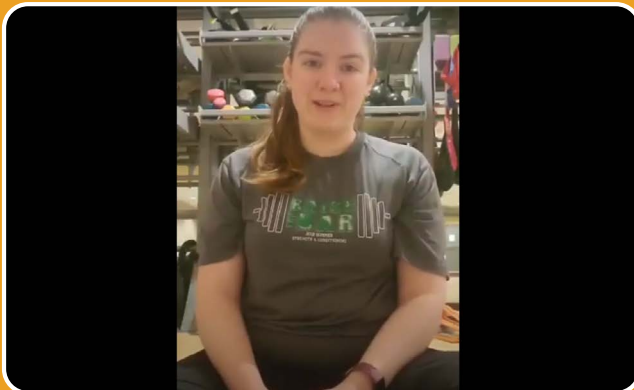
Terrific Three for member of the month. KC, Pat and Gordy! They are 76, 86, and 96 years old! They enjoy working out to keep their bodies moving and healthy.

Patient Success Spotlight Linda I.



"I was post rotation injury to my lower back. I couldn't lift my leg. I had to lift it with my pants getting in and out of the car. After therapy, over a long period of time it gradually got better - now I am fully functional. My experience with Achieve has always been favorable. Staff are always helpful and friendly, often demonstrating sincere concern for our well-being. I am now in my 70's and have been going to Achieve since I was in my 30's. Real friendships have developed with other fitness members making workout sessions so very enjoyable." —Linda I.

CHECK OUT OUR FITNESS CLASSES



Hilaree's EnerChi Class Overview

Jocelyn's Fitness Class Intro

Fitness Classes Overview

Staff Birthdays & Work Anniversaries

Birthdays

Matti Robinson | April 6th
Darcey Osowski | April 14th
Bri Wirkus | April 17th

Anniversaries

Mary Lynn Berntson | April 1st
Nicole Chine | April 15th



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