

Physical Therapy Helps Knee Pain

Osteoarthritis is a degenerative condition that affects the joints. Symptoms include: pain that is often described as a deep ache (can also be sharp), increased pain following activity, swelling, and warmth in the joint. It is often relieved by rest. The knee is one of the most common places to have osteoarthritis (OA) and not only can it be painful, but also debilitating. Although rest may help it feel better temporarily, research has found that this is not the best way to treat OA for the long run. The severity of OA can vary from mild to severe and this can be determined by your physician, generally through x-ray.

Physical Therapy is a conservative way to treat osteoarthritis and help people return to their previous activities such as doing chores around the house or recreational activities with friends. The severity of your condition and your particular symptoms and goals are taken into consideration when planning your care. The goal is to decrease the compression in the joint and to improve muscle balance around the joint. Physical therapy interventions can include stretching, strengthening, range of motion, aerobic activity, manual therapy, joint mobilization, soft tissue techniques, balance activities and much more!

Don't let OA stop you from participating in and enjoying life. It is time to take charge of your health and quality of life.

Hiking poles Can Help To Decrease Pain

Hiking is a wonderful activity that can be enjoyed by people of all ages and abilities. We are fortunate to live here in Colorado and be surrounded by a multitude of beautiful trails. Hiking can benefit you physically by challenging your aerobic, strength and balance abilities.

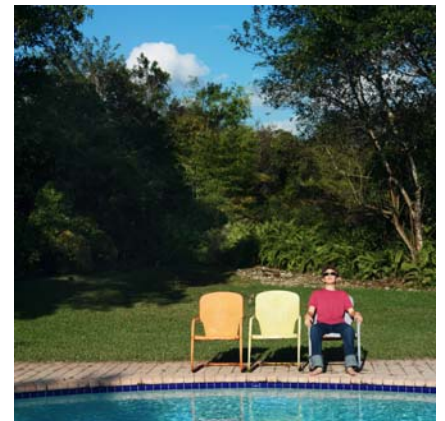
Some people find that hiking, especially downhill, can be painful and therefore avoid hiking. Research has found that hiking poles help to reduce the forces and loads on the joints of the lower extremity. This can result in less pain and inflammation in your hips, knees ankles and back.

Try using hiking poles on a short hike first and make sure that they are the correct height for you – shorter when hiking uphill and longer for the descent. If you are feeling discomfort or pain, especially in your joints, your body is informing you that you may be doing damage and you should stop to prevent further injury. If you feel good other than a little bit of muscle fatigue or soreness, you can continue hiking. Gradually increase the length and difficulty of your hikes to improve your physical fitness.

Are you getting enough Vitamin D?

Vitamin D is found in many dietary sources such as fish, eggs, fortified milk, and cod liver oil. The sun also contributes significantly to the daily production of vitamin D, and as little as 10 minutes of exposure is thought to be enough to prevent deficiencies. The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Recently, research also suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

Vitamin D (2010). Retrieved August 9, 2010, from http://www.mayoclinic.com/health/vitamin-d/NS_patient-vitamin-d



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