

RHEUMATOID ARTHRITIS (RA)

DESCRIPTION

A chronic disease that causes pain, stiffness, swelling, and loss of function to the joints. It occurs when your immune system, the system that protects your body from outside harm, mistakenly starts attacking healthy tissue.

This causes inflammation that leads to swelling in the joints, making them progressively less and less mobile. If not managed properly, over time, RA can cause joint damage—and can even result in permanent joint destruction, keeping you from doing the things you love.

WHO'S AT RISK FOR RA?

The onset of RA occurs in people between the ages of **30 and 50 years old**, though it can occur at virtually any age. It affects approximately **1.3 million** Americans, of which **70% are women**.



FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

SYMPTOMS MAY INCLUDE

- Joint pain, swelling and tenderness
- Stiffness, especially in the morning or after sitting for long periods
- Fatigue
- Red and puffy hands
- Firm bumps of tissue under your skin on your arms (rheumatoid nodules)
- Fever
- Weight loss
- Rheumatoid arthritis affects everyone differently.

OCCUPATIONAL THERAPY CAN HELP

- Identify activities which can aggravate RA and recommend new ways to approach everyday tasks
- Teach patients to use their joints and tendons efficiently without stressing these structures
- Heat
- Massage
- Therapeutic exercises
- Ice
- Light therapy
- Edema management
- Home exercise program

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Our Rehabilitation Services include treatment for:

- Back & neck pain
 - Arthritis
 - Orthopedic & sports injuries
 - Balance training/fall prevention
 - Neurological conditions
 - Post surgical
 - Chronic pain
 - Work injuries
 - Hands–Occupational Therapy
 - Pediatrics
 - Vestibular Rehab
 - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
 - **Functional Capacity Evaluations**
 - **Work Conditioning**



Our Commitment to you:

- We sincerely care about you & your family
- Experienced in individual patient care
- Comprehensive treatment
- Personalized care

Physical, Occupational and Speech Therapy

APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm

Saturday 8am-12pm

Most insurances accepted

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