

WHAT YOU NEED TO KNOW ABOUT ARTHRITIS

>100 TYPES

ARTHRITIS AKA “JOINT INFLAMMATION”

Osteoarthritis

- the most common type
- degenerative disease of cartilage and bone
- results in pain and stiffness in affected joint

Rheumatoid Arthritis (RA)

- systematic disease
- characterized by joint inflammation and pain
- far less common, potentially more serious
- exact cause is unknown

Both are chronic; there is no cure.

Leading Cause of Disability:
15+ years of age

According to Centers of Disease
Control and Prevention (CDC)

Almost all of us know someone who has been affected by arthritis or a related condition. Ironically, arthritis is so commonplace that we sometimes underestimate its seriousness as a threat to public health.

A PHYSICAL THERAPIST’S PERSPECTIVE

GOOD NEWS

- TREMENDOUS STRIDES HAVE BEEN MADE IN THE MANAGEMENT.
- THERE ARE MANY THINGS YOU CAN DO TO MAKE LIVING WITH THIS CONDITION EASIER AND LESS PAINFUL.

PHYSICAL THERAPY GOALS:

REDUCE PAIN



HELP RESTORE MOBILITY,
FUNCTION, STRENGTH &
FLEXIBILITY



PREVENT UNNECESSARY
DISABILITY



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WHAT YOU NEED TO KNOW ABOUT ARTHRITIS

Likelihood increases as we age:

75% of people over age of 60 will experience OA

People over 65

OA is the most frequently cited reason for limiting physical activity

OA can contribute to:

- isolation
- dependence
- depression

Overcoming OA

- conservative treatment
- physical therapy
- regular program moderate stretching & strengthening exercises
- positive mental attitude



HOW IS OSTEOARTHRITIS CHARACTERIZED?

OSTEOARTHRITIS

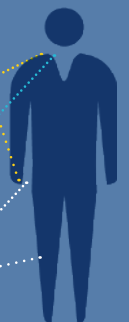
- PAIN, STIFFNESS, LIMITED RANGE OF MOTION, MECHANICAL IRREGULARITIES
- BONEY ENLARGEMENTS AROUND JOINTS
- LOCALIZED (AFFECTS ONE AREA OF BODY)

AFFECTED AREAS

HAND, SHOULDER,

NECK, LOWER BACK

HIP & KNEE



WHAT YOU NEED TO KNOW ABOUT ARTHRITIS

Severity of RA varies widely

- minor pain & inflammation in joints
- life threatening complications involving internal organs

Short periods

RA can range from “quiet” times to flare ups.

Overcoming RA

- anti-rheumatic/anti-inflammatory drugs
- surgery if needed
- physical therapy

RA conditions include:

- Systemic Lupus Erthematosus (SLE)
- Ankylosing Spondylitis (AS)
- Mixed-connective Tissue Disease
- Psoriatic Arthritis
- Juvenile Arthritis
- Fibromyalgia

HOW IS RHEUMATOID ARTHRITIS CHARACTERIZED?

RHEUMATOID ARTHRITIS

- MAY AFFECT INTERNAL ORGANS (LUNGS, HEART, BLOOD VESSELS)
- MAY BE ASSOCIATED WITH GENETICS
- SYSTEMATIC (AFFECTS WHOLE BODY)

SOME FACTOIDS:

COMMON SYMPTOM: 

MOST OFTEN APPEARS IN MIDDLE AGE/LATER 

3X AS MANY WOMEN AS MEN WITH RA 