

September 2023



k i n t s u g i
PHYSICAL THERAPY & WELLNESS

**Health & Wellness
Newsletter**



**5-MINUTE
EGG AND
HUMMUS
FLATBREAD**
RECIPE INSIDE



RELIEVING ARTHRITIS PAIN

Find solutions to your pain and get
back to living the life you enjoy!



Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317

RELIEVING YOUR ARTHRITIS PAIN

Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?

You could be suffering from osteoarthritis.

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints.

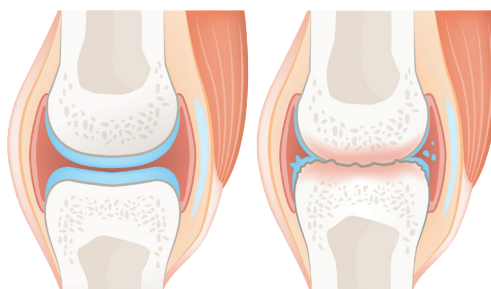
While arthritis can be debilitating, there’s a lot that you can do to alleviate the pain and improve your function, joint movement, muscle strength, balance, and coordination. It’s even possible to eliminate symptoms, depending on the amount of arthritis you have.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Arthritis, Exactly?

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the “wear and

tear” form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.



HEALTHY JOINT

OSTEOARTHRITIS

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

What Causes Osteoarthritis?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race)
- Specific bone/joint shapes

Continued inside.

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Continued from previous page.

There are also physical risk factors associated with increased osteoarthritis including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e. contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a 2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, reducing pain and inflammation.

How physical therapy can help arthritis

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

**Contact one of our providers today,
and tell us about your symptoms.
We offer the results you are looking for!**

5-MINUTE EGG AND HUMMUS FLATBREAD



INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- ¼ cup baby arugula
- ½ English cucumber, cut into matchsticks
- ½ cup cherry tomatoes, halved
- ⅓ cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

DIRECTIONS: Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

Source: www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gblv1m06

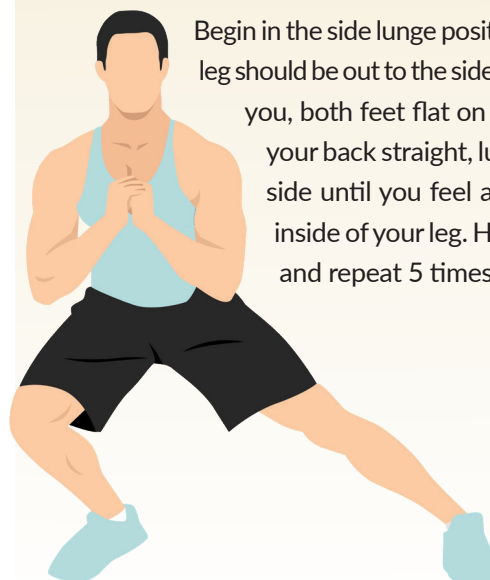


kintsugi
PHYSICAL THERAPY & WELLNESS

EXERCISE TO TRY AT HOME

HIP ADDUCTOR STRETCH

Try this exercise to help relieve leg and hip pain.



Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

 PT WIRED
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MEET JENNIFER DAVIS



Jennifer Davis PT, DPT

Jen graduated from Pacific Lutheran University with a Bachelor of Science degree in Exercise Science and then earned her Doctorate degree in Physical Therapy from the University of Puget Sound. During her studies, she gained an appreciation for the ever-evolving field that is Physical Therapy, and recognizes the importance of learning and growing each day. Jen enjoys working with a variety of patients and aims to empower them to get back to the things in life that they love doing. She believes that rehab should be challenging yet fun and that with proper communication and a positive mindset, anything is possible. Jen has taken an interest in working with runners and is looking forward to learning more about how to best serve this patient population.

Jen enjoys hiking, trail running, backpacking, and ski touring the beautiful PNW mountain ranges with her husband and dog in her free time.

PAST PATIENTS DOING WHAT THEY LOVE

Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



PATIENT EXPERIENCE

ELLEN'S STORY

Total Knee Replacement

"Everybody was amazed that I was on the golf course in five weeks." —Ellen.



Scan the QR code to see Ellen's story on our YouTube Channel and hear in her own words how Kintsugi Physical Therapy help her after a total knee replacement.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.

Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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