


# Newsletter



Bristow is now offering dry needling! Call 571.832.2342 to get started.

## Relieve Your Arthritis Pains this Summer

**HAYMARKET**  
PHYSICAL THERAPY, LLC  
*Results you can feel, from a team you can trust.*



**Bealeton:** 540.952.0138

**Bristow:** 571.832.2342

**Gainesville:** 703.570.1633

**HAYMARKETPT.COM**

# Newsletter



## Our Mission

*To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.*

## Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

## Contact Us

*We are here for you. Give us a call today to start your healing journey.*

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## Relieve Your Arthritis Pains this Summer

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.

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

**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)
- High 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.

## Call our clinic today

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

Source: <https://pubmed.ncbi.nlm.nih.gov/32364594/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/> - <https://www.hopkinsarthritis.org/arthritis-research/> - <https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full> - <https://www.sciencedirect.com/science/article/pii/S063454541931297X> - <https://pubmed.ncbi.nlm.nih.gov/2785564/> - [https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology\\_of\\_osteoarthritis\\_\\_literature\\_update.5.aspx](https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx)

## Stay Hydrated This Summer

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. Here are some simple ways to stay hydrated this summer:

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H<sub>2</sub>O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.



# Recipe of the Month

## Buffalo Chicken Dip



### Ingredients:

- ½ cup cream cheese
- ½ cup ranch
- 1 cup louisiana hot sauce
- 1 cup shredded cheese
- 24 oz canned chicken, OR 1 & ½ to 2 oz cooked chicken breasts

**Instructions:** Prepare medium-sized mixing bowl, prepare and shred chicken to preference. Soften the cream cheese, add to bowl with chicken, ranch, shredded cheese, and hot sauce. Mix thoroughly, mixture should be thick but not paste-like. Add to 8-inch cake pan, spread evenly. Bake at 400F for 20-30 minutes. Allow to cool for 5-8 minutes. Serve with a side of tortilla chips and enjoy!

*(Measurements are merely suggestions, I recommend measuring with your heart, not the cups!)*

## Staff Spotlight

### Dr. Monica Guerra DPT

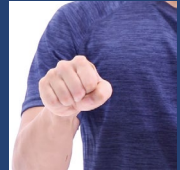


Monica graduated from Marymount University with her DPT. For undergraduate studies she attended George Mason University and achieved a Bachelors of Science in Kinesiology. She is a Certified Strength and Conditioning Specialist and enjoys working with gait and balance patients. Outside of work, she is an avid reader and DIYer.

## At-Home Exercise AROM Finger Flex



**Instructions:** Hold hands in front. Begin with fingers straight and spread apart. Close hands into a fist. Open and spread fingers. Repeat 20 times, 3 sets.



Give us a call if you have any questions or concerns while performing this exercise.

## Patient Success

### “They truly care about the well-being of their patients.”

“Awesome people and a great environment. I highly recommend them for physical therapy. They go above and beyond what you would expect. They truly care about the well-being of their patients.”

—George R



## We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better