

Therapeutic & Wellness

Get well

Be well

Stay well

(847) 926-WELL (9355)

480 Elm Place, Suite 103

Highland Park IL 60035

www.staywellpt.com

Fall/Winter 2011

At Risk for Osteoarthritis?

Osteoarthritis (OA), the most common form of arthritis, affects 20 million people in the USA. OA is characterized by the breakdown of cartilage cushioning the ends of the bones in your joints. If the cartilage wears down completely, you may be left with bone rubbing bone causing the ends of your bones to become damaged and painful.

OA may affect any joint and while there is no cure to date, how well you live with OA depends on your behavior and attitude.

Common signs of OA are:

- Joint pain during or after use or with a change of weather
- Swelling, increased warmth and stiffness in a joint

- Bony lumps on the middle or end joints of your fingers
- Loss of joint flexibility

Treatments for OA can reduce pain and maintain joint movement. Your doctor may recommend a variety of treatments, but you can also relieve some discomfort through healthy-living strategies, such as:

- Exercise regularly
- Control weight
- Eat a healthy diet
- Choose proper footwear for support
- Apply cold for occasional flare-ups
- Take medication as recommended

Call us to step up your exercise routine or to get started with a regular program.



Exercise Regularly

These Feet Are Made For Walking

Do you give your feet a second thought unless they hurt? Feet can become the reason for not going out, exercising or even enjoying good weather. Simple exercises make the difference between sore feet, and ... well ... not giving them a second thought. Give these a try:

- Stand on a stair, placing

heels over the edge. Lower heels so they are lower than the stair. Hold 15-30 seconds, relax, repeat.

- Use fingers to bend the toes upward. Hold 20-40 seconds; repeat several times on each foot.
- Point toes up and down – flex and extend – as far as

you can.

- Walk on your toes daily
- Grab a small object or scrunch a towel up just using your toes.
- Walking barefoot in sand/on any soft surface does wonders for both strength and balance when walking.

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PT Pearls:

- ✓ Improve balance by standing on one leg while brushing your teeth.
- ✓ When standing, rocking forward on your toes and back on your heels will strengthen ankles and improve balance.
- ✓ With sedentary jobs any posture is ok ... but only for 15-20 minutes ... then MOVE.

We'd love to hear from you ...
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October is Physical Therapy Month. Mobility is the key to aging successfully and remaining active and independent throughout our lives. Physical Therapists are your trusted experts in restoring and improving motion and helping keep you healthy and fit. When it comes to health care, one size does not fit all. A physical therapist's extensive education, clinical expertise and hands on approach brings you a unique help. When you are in the hands of a physical therapist, you have a plan of care that is safe, appropriate and addresses you as an individual.

"I will always be grateful for your professional expertise, patience, kindness, and compassion. Thank you."

~PT Patient Testimonial

Baby, It's Cold Outside

Love exercising outdoors? In winter the weather is not as welcoming, but you can workout outside with these tips from Marty Biondi, PT CSCS, MayoClinic.com, and RunnersWorld.com:

1. See your doctor...

... if you have any heart problems or suffer from asthma.

2. Watch the weather...

If temps are below 0°F or the wind chill is biting consider working out indoors. Also if it rains and you become wet, your body has a hard time maintaining its core temp, inviting hypothermia.

3. Stay hydrated

Our bodies humidify dry air, meaning we exhale

water. Also, our thirst mechanism is lessened in cold temps, decreasing our desire to drink.

4. Eat complex carbs...

... two hours before exercising for lasting energy.

5. Use sunscreen and sunglasses...

...as sun penetrates snow and clouds; protect eyes from sun, ice/snow glare.

6. Warm up cold muscles ...

...as they can result in pulled muscles. Moving around also increases your body temp, making muscles more flexible and receptive to strenuous activity.

7. Dressing in layers...

... allows you to shed what you don't need. Make sure

your bottom layer wicks moisture away from your skin. And Mom was right - wear a hat.

8. Fight the wind first...

... so that the wind is at your back on your return, pushing you to a faster finish.

9. Stay close to home...

... so you can get back indoors quickly if you get soaked, tire, or slip on ice. Watch for intense shivering, loss of control of fine finger movements, confusion, and slow and shallow breathing.

Call us for more winter workout ideas!