



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**



# RELIEVING YOUR LOW BACK, HIP & KNEE ARTHRITIS PAIN

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## RELIEVING YOUR LOW BACK, HIP & KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

### **What Is Arthritis, Exactly?**

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general. Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

### **What Causes Lower Back, Hip and Knee Arthritis?**

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

### **Arthritis can also be caused by:**

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

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

**Contact us today to help relieve your arthritis pain!**



# ARTHRITIS & PHYSICAL THERAPY



Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

Source: <https://www.arthritis.org/about-arthritis/understanding-arthritis/whats-is-arthritis.php> <https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php> <https://www.arthritis-health.com/blog/7-care-exercises-relieve-back-and-hip-arthritis-pain> <https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

**Call Connections Physical Therapy Today or visit our website at [connectionspt.com](https://connectionspt.com)**

**TO SCHEDULE YOUR CONSULTATION TODAY!**

## EXERCISE ESSENTIALS

*Perform This Exercise To Relieve Leg Pain In Minutes!*



### LUNGES

Start by standing with feet shoulder-width apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to the original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time.

## HEARTY RECIPE

### SAVORY SMASHED POTATOES



#### INGREDIENTS

- 2 pounds medium red potatoes (about 7), quartered
- 2 tablespoons butter
- 1/4 cup sour cream
- 1/4 cup 2% milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Pinch ground nutmeg

#### DIRECTIONS

Place potatoes and water to cover in a large saucepan; bring to a boil. Reduce heat; cook, uncovered, until tender, 10-15 minutes.

Drain; return to pan. Mash potatoes to desired consistency; stir in remaining ingredients.

**CALL CONNECTIONS PHYSICAL THERAPY TODAY OR VISIT OUR WEBSITE**

## STAFF SPOTLIGHT

### ANTHONY W. SISTI PT, MSPT



Anthony received his Bachelor of Science in Health Studies from Utica College of Syracuse University. While at Utica, Anthony was a member of the baseball team and realized his passion for helping others stay active and healthy. He continued and completed his post-graduate studies at Utica College receiving his Master of Physical Therapy.

After graduation, he practiced in the orthopedic setting for 2-years prior to joining Connections Physical Therapy. Anthony initially started in the Wellesley location, building a reputation as the prominent youth athlete physical therapist in the community. Anthony's physical therapy approach focuses on compassionate listening to learn about each patient's goals.

Anthony brought that reputation to Holliston and then eventually spearheaded the opening of the Medway clinic as the Clinical Director in 2014. With the success of Medway, Anthony continued to grow his presence by opening the Millis clinic in 2018.

Anthony has a passion for working with knee and hip pain stemming from his work with youth athletes. "The mechanics of how we move is so important," says Anthony. "To improve hip and knee pain we need to make sure the joints are working well together and moving in a pattern that is efficient and pain-free."

Anthony utilizes tools such as dry needling in his treatment program, "Allowing the muscle to fire effectively is a major part of recovery," states Anthony. "Using dry needling gets my patients feeling better and moving better so that we can focus on functional strengthening."

Anthony continues to build his reputation within the Medway and Millis communities as a leading provider of physical therapy. Treating all ages, diagnoses, and specialty populations such as vertigo, Anthony enjoys the challenge of making sure every patient gets an individualized program.

When not in the clinic, Anthony enjoys spending time with his family, working around the house, and watching his kids play sports, especially baseball!

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## PATIENT SUCCESS SPOTLIGHT

**"I am able to power walk with my husband and dog, walk up and down stairs, and sleep through the night."**

"When I began Physical therapy with Anthony I had been experiencing pain in my knees for about 2 months. I had been to my doctor to see what could be done as far as dealing with the pain. Tylenol, topical, ice, sleeping with a pillow between my knees. I had difficulty walking up and down stairs, walking with my husband, and sleeping at night.

Within a month of working with Anthony I was no longer using any pain medication and had only occasional pain. Now after about 5 months I am just about pain free. I am able to power walk with my husband and dog, walk up and down stairs, and sleep through the night. I continue to work with Anthony twice a week, building up muscle to help with my balance and to hopefully prevent this from happening again. Anthony has also helped through some bouts of back and shoulder pain. ITS SUCH A RELIEF TO BE PAIN FREE FINALLY! Thank You." - **Donna Klocko**

## WE'RE STAYING SAFE!

*The staff at Connections Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:*



**CLEANING  
HANDS OFTEN**



**AVOID TOUCHING  
YOUR FACE WITH  
UNWASHED HANDS**



**STAYING HOME  
IF YOU ARE SICK**

**GET AT CONNECTIONSPT.COM TO SCHEDULE YOUR CONSULTATION TODAY!**