



connections
PHYSICAL THERAPY

NEWSLETTER



**YOUR
HAND &
ARM PAIN
COULD BE
ARTHRITIS**

**YOU CAN GET YOUR
PAIN-FREE LIFE BACK
WITH PHYSICAL
THERAPY**

ALSO INSIDE

**6 STEPS TO RELIEVING ARM PAIN ON YOUR OWN!
6 INDOOR EXERCISES THAT KEEP YOU MOVING**



YOUR ARM PAIN, COULD BE ARTHRITIS

YOU CAN GET YOUR PAIN-FREE LIFE BACK WITH PHYSICAL THERAPY

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely. If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain. Arthritis in the upper extremities can be successfully relieved with the help of physical therapy. Contact Connections Physical Therapy today to find out more.

Physical Therapy and Hand Therapy - Defined: People have found enormous success in upper extremity arthritis relief through physical therapy treatments. Physical therapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing.

Hand therapy is also a form therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and

shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

Hand Therapy for Arthritis Relief: A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

COME BACK IN FOR PT!

6 Steps to Relieving Arm Pain On Your Own!

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.



Contact Connections Physical Therapy! At Connections Physical Therapy, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical therapy services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!

You may qualify for **free physical therapy** from the clinic you trust!

If you have met your insurance deductible this year, or have unused money in your HSA account, **it could cost you little or nothing to come to Connections Physical Therapy for your aches and pains** from now until the end of 2021. Or, if you want to work on improving your strength before heading into 2022, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

EXERCISE ESSENTIAL ELBOW RETRACTION

Sit with your affected elbow resting against a table, with your palm facing up, then apply resistance with your free hand and slowly raise your palm towards your face. Repeat 10 times.



This exercise is designed for pain prevention. Call your therapist if you are experiencing any pain!

6 INDOOR EXERCISES

That Keep You Moving

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

1. Climbing stairs
2. Jumping jacks
3. Mountain climbers
4. Burpees
5. Jump rope
6. High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



STAFF SPOTLIGHTS

STEVE POULIN PT, DPT, P-CS



Steve received his undergraduate degree in Exercise Physiology from The University of Massachusetts Lowell and went on to receive his Doctorate in Physical Therapy 2003. He was the president of the Physical Therapy Club and received one of the few clinical excellence awards. He joined Connections in 2005 as the Regional Director of our Harvard clinic and shortly after helped oversee the opening of our

Acton and Pepperell clinics. Steve currently practices out of our Acton and Harvard clinics and has built his reputation by combining manual and progressive exercise prescription. He is certified in dry needling and in 2020 became a Champion Performance Specialist (C-PS). He has a background in Kenpo Karate and has run 3 half marathons and numerous 5Ks/10Ks. In his free time you will find him at the beach, by the pool and spending time with his family and friends.

JULES CASSIDY PT, DPT



Jules graduated from Sacred Heart University with her BS of Exercise Science and went on to receive her Doctorate of Physical Therapy. Jules joined the Medway Connections PT team in 2020 shortly after graduation. Born and raised in Medway, Jules is happy to be providing care to the community she grew up in and loves.

Jules was a member of the NCAA Division I Women's Track and Field at Sacred Heart University and was a member of the Student Athlete Academic Counsel. Bringing her background in sports to physical therapy, she centers her treatments around the idea of manual therapy to reduce pain and then progressive strengthening to improve function. Outside of work, she enjoys working out, playing sports, cooking, traveling and spending time with family and friends. Jules is also the coach of an 8th grade AAU basketball team in Medway.



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