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How to Identify and Treat Knee Arthritis

Health & Wellness Newsletter

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

At Connections Physical Therapy, you can find solutions to your arthritic pain and get back to living the life you enjoy!

If you live with stiff, achy, or painful knees, contact Connections Physical Therapy today to schedule a consultation.

What Type of Arthritis Affects The Knee Joint?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s).

When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in

bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

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

- Injury to the joint
- 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

Our Goal Is To Help You Reach Yours

[Click here to schedule your appointment!](#)



Judy's Success Story



Judy's journey with our dedicated Physical Therapist, Amy, in Portsmouth has yielded remarkable results. Upon her initial visit, Judy faced challenges such as difficulty balancing, leg weakness, and dizziness. However, through her diligent adherence to a customized home exercise program and the guidance of Amy, Judy has made significant strides in her physical well-being.

One notable improvement is her ability to descend stairs unassisted, confidently navigating without relying on the railing for support. Additionally, Judy can now perform squats to pick up objects, further enhancing her lower body strength and overall mobility. Simple tasks like getting in and out of bed, which once caused dizziness, are now accomplished effortlessly, signifying a significant boost in her independence.

Perhaps the most heartwarming outcome of Judy's progress is her renewed ability to engage actively with her grandkids. Prior to seeking physical therapy, the limitations imposed by her condition prevented Judy from fully participating in activities with her grandchildren. However, thanks to the combined efforts of Judy and Amy, she can now embrace these precious moments of play and interaction, enjoying quality time with her grandkids like never before.

Judy's experience with PT Amy stands as a testament to the incredible results that can be achieved through hard work, dedication, and professional guidance. Her inspiring journey serves as a reminder of the importance of seeking appropriate care and persevering in the pursuit of physical well-being!

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Common Symptoms of Knee Arthritis

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

How Physical Therapy Can Help Arthritis

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

Your knee treatments will consist of a thorough history

to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

Get Started Today!

At Connections Physical Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physical therapy!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>
<https://pubmed.ncbi.nlm.nih.gov/25785564/>

Stop letting pain get in the way. Give us a call or visit connectionspt.com today!

3 Simple Ways To Make Hydration A Habit

Do you drink enough water each day? Proper hydration is always important, but in preparation for the hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

1. Drink a glass of water first thing in the morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

2. Add fruits or vegetables to your water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3. Set reminders on your phone to hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.



Let's get you better ASAP! Schedule your appointment today!



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**Don't Just Tolerate
Pain, Relieve It!**

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Stop letting pain get in the way. Give us a call or visit connectionspt.com today!