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# Relieving Low Back, Hip, & Knee Arthritis Pain

**MedRehabGroup**  
PHYSIOTHERAPY 

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# Relieving 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.

**Discover how our team of specialists at MDM Physiotherapy can get you moving pain-free again!**



**1. Feel free to call us and ask to speak to your physiotherapist.**



**2. Your physiotherapist will tell you the possible causes of your pain as well as precautions you can take at home.**



**3. If further assessment is warranted, your physiotherapist might recommend you come in for an appointment.**

**Call MedRehabGroup  
Physiotherapy  
to schedule your  
appointment today!**

# Arthritis and Physiotherapy

Regardless of the cause of arthritis, Physiotherapy 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, Physiotherapy 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 the 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 Physiotherapy 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.



## Success Spotlight

*"Okay, this place is LITERALLY my home away from home. I see these people more than I see my own family LOL. I am ALWAYS welcomed with a smile and friendliness. I love going. Everyone is so helpful and accommodating. Such warmth but so professional all at the same time. All therapists are amazing. The clinic manager Alex should be awarded some sort of prize for always keeping his cool even when the basement flooded and the entire clinic had to close for 8 months - and have makeshift clinics TWICE while NEVER sacrificing service. Adore them all. Highly recommend. Some of these practitioners have saved and changed my life. I am forever grateful"*

## Staff Spotlight

Castra Bahadoor



Castra has been working as a Registered Physiotherapist for Medrehab Group since 2006. Through the years, he has helped many patients recover and return to their daily activities. Castra has created a large following as he continues to put the patient first and ensure they progress with treatment and improve their physical condition. He continues to listen and educate his patients for best and quickest results while taking a hands-on approach to treatment using manual therapy techniques. Castra is constantly developing his skills to ensure he is up to date with the latest treatment protocols so that he can provide his patients with the best therapy options. Castra is always smiling and bringing positive energy to anyone around him. He spends a lot of time with his young family while being very active with sports.



## Frozen Banana Pops

### Ingredients

- 4 bananas, peeled and cut into thirds
- 3 tbsp toasted pecans, finely chopped
- 6 oz dark chocolate, chopped
- 12 wooden popsicle sticks

### Directions

Insert 1 stick into each piece of banana. Arrange bananas on a plate or flat pan and freeze at least 3 hours. In a small microwave-safe bowl, microwave the chocolate in 30-sec. intervals, until melted and smooth, stirring in between intervals. Let cool slightly. Working with 1 banana at a time, dip into melted chocolate to coat, then immediately sprinkle with toasted pecans. Place on a sheet of parchment paper until set. Repeat with remaining bananas, chocolate, and toppings. Return to freezer until ready to eat.

# Have You Thought About A Standing Desk?

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day.

Sedentary lifestyles, especially the ones that many of us are experiencing right now, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternative seating options at work can help in greatly decreasing these risks and making your home office more ergonomically friendly!

At the end of the day, make sure you're comfortable – don't let the daily stresses of working from home take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall well-being throughout the workday. For more information, contact MedRehabGroup Physiotherapy today.



## Just a Reminder...

Don't let your benefits go to waste



The end of the year is quickly approaching and if you have any unused benefits, now is the time to book your appointments as our schedules are quickly filling up.

# Exercise Essentials



## Single Leg Stance

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Repeat on each side.



*Exercises copyright of  
www.simpleset.net*

# We're Staying Safe!

Physiotherapists are considered "Essential Critical Infrastructure Workers" during the COVID-19 pandemic. Because of this, MedRehabGroup Physiotherapy is remaining open and seeing patients during this time while taking the necessary precautions to make sure everything is sanitary and everyone is safe.

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as require all of our staff to wear masks as an additional measure of precaution.



OUR EMPLOYEES  
ARE WASHING  
HANDS  
REGULARLY



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS

CALL US AT (888) 409-4058