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Natural Relief For Arthritis Pain

MedRehabGroup 
PHYSIOTHERAPY

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Natural Relief For Arthritis Pain

When you experience an injury, dealing with the pain that comes as part of the aftermath is expected. While painful, most of the time when recovering from an injury you can find comfort in the knowledge that the pain is temporary. As your body heals, as you go through the motions of building your muscle mass back and improving flexibility with physiotherapy, you know that in time you will feel like yourself again. This knowledge gives you something to work towards, and helps the pain feel more manageable—even when it is intense, and never-fleeting.

Arthritis pain is different. Arthritis doesn't develop as a result of an injury, but instead develops over time as a result of chronic use, or even as a result of genetic disposition. This can make dealing with the pain of arthritis even more difficult to cope with, as it begs the question: *if the pain is coming from inside the joint, is there anything I can actually do about it?*

Understanding Arthritis Pain

Osteoarthritis is the most common chronic condition to affect the joints. Almost 30 million adults in the United States struggle with the condition, and while it can influence anyone of any age, it most frequently develops among those who are most prone to overuse—those who are over the age of 65.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage is what allows the joints in the elbows, ankles, knees and hips to move with freedom. Without cartilage, the bones would rub against one another with each movement, and would cause extreme pain. As the cartilage breaks down, so, typically, does the bone, and as the shape of the joint

changes it becomes even more difficult for it to function smoothly. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

While arthritis pain typically develops gradually, the realization of what you are dealing with can still come as a shock. In some circumstances the pain will appear more abruptly, especially when the pain develops in association with a change in weather or other environmental circumstance.

Overcoming Arthritis Pain

Turning to over the counter pain medications to cope with arthritis pain is ineffective as a long-term solution. While some of the medications may provide temporary relief, they will not help you overcome the pain for good. Physiotherapy, on the other hand, can provide actual relief from arthritis by helping to rebuild strength in the joints through targeted movements and flexibility exercises.

There is a lot of current research trying to understand what precisely causes arthritis to develop in some people, and not in others. Everyone uses their joints every day, and while it makes sense that so much pressure would cause pain to develop over time, it doesn't explain why the pain develops when and where it does, and why it happens to some people and not to others.

Whether you've tweaked a muscle or have a deeper injury, a physiotherapist can help. Give us a call at (888) 409-4058 to schedule your appointment today!



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!**

Anti-inflammation and Arthritis



One leading form of arthritis treatment is with the use of anti-inflammatory medication. Certain types of arthritis develop as a result of a build-up of inflammation in the body. Specifically, the tendons and ligaments become inflamed as a result of an internal attack from the immune system, which is typically triggered by some combination of environmental factors. Avoiding certain foods and movements can reduce inflammation, and thereby reduce pain.

Physiotherapy and Arthritis

Physiotherapy is highly recommended for the treatment of arthritis because it can strengthen and support the joints through guided practice of movement and strength building exercises. Typically, the best activities for arthritis pain are low-impact activities. Working with a physiotherapist is the best way to ensure that you are practicing the best techniques for overcoming your discomfort.

There is a long list of home remedies that are said to help with arthritis pain as well, and there is some credibility to some of these concepts. For example, losing weight, exercising regularly, and making some dietary changes such as reducing caffeine and sugar consumption are said to help alleviate pain associated with arthritis. However, before you start making any changes to your lifestyle, it is best to consult with a physiotherapist. For more information about how to rid your life of arthritis pain, contact us.

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A Message From Our President

Did You Know?

“Physiotherapy can offer an extensive range of physical approaches (physical activity, exercise, movement, relaxation techniques and movement awareness). These approaches are aimed at symptom relief, the enhancement of self-confidence and the improvement of the quality of life.”

M.Probst - Clinical physical therapy, 2017

Physiotherapy in Mental Health is highly recommended in the practice of connecting your physical and emotional health needs for the purpose of your well-being. There are a number of studies that prove that performing exercise therapy once or twice a week improves your mental health and other aspects of your physical condition. Many hardly commit to any exercise but a shift towards taking care of your physical self is a start in the right direction. Our Physiotherapists are trained to help you achieve a higher quality of life by setting a specific plan of action that helps you achieve physical and mental health wellness.

Take the time to evaluate your current lifestyle and have a discussion with your physiotherapist about what you can do to improve your mental health well-being. Your path towards better health begins with a simple first step!

Staff Spotlight Bhavisha Chavda | PT



Bhavisha (Isha) is an internationally trained Physiotherapist from India, and moved to Canada 5 years back. She has been practicing in the field for over 2 years now. She has successfully completed her PCE Written component in August, 2020. Isha believes in a Holistic approach to Physiotherapy while helping her clients heal, using both active and passive treatment plans. Looking not only at the physical part, but also giving crucial importance to the spiritual component, she helps her patients keeping the needs and requirements in the center to reach the Goal.

What Can I Do On My Own To Keep My Knees Healthy?



While physiotherapy is the most effective form of treatment if you are currently experiencing knee pain, there are some precautions you can take to lower your risk of developing unwanted knee pain and injuries altogether:

- **Stretch your hamstrings, quadriceps, and adductor muscles each day.** By keeping these muscles flexible, the forces on your knee joints stay balanced, which allows you to bend and rotate the knee.
- **Keep the muscles around your hips and knees strong,** especially the gluteal and quadricep muscles. Studies show that adults (especially those 55 or older) who have stronger gluteal and quadricep muscles tend to have less back pain and a greater ability to perform daily activities.
- **Exercise regularly.** While this is good for the whole body, the knees especially need exercise to keep their cartilage healthy. The cartilage does not have much blood supply and requires its nutrition from the joint fluid. Most of the joint fluid absorbs into the cartilage only through movement and compression of the knee. Therefore, it is important to do weight bearing exercises, such as walking, running, or playing a sport. However, if you have arthritis, it is advised that you do activities with less of an impact, such as biking, elliptical machines, or aquatic exercises.

Contact us today!

Are you living with knee pain? If so, don't hesitate to contact Medrehab Group today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Exercise Essentials



Double Knee To Chest Stretch

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.



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Come Back In For Physiotherapy!

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your appointment today!

