



MedRehabGroup  
PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



***RELIEVING ARTHRITIC  
PAINS IN YOUR HANDS  
WITH PHYSIOTHERAPY***

[www.medrehabgroup.com](http://www.medrehabgroup.com)



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## INSIDE:

- HAND THERAPY FOR ARTHRITIS RELIEF
- REFER A FRIEND • NEW LOCATION IN VAUGHAN

## RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PHYSIOTHERAPY

**Is arthritis slowing you down?** You are not alone! Arthritis is a common symptom here at MedRehab and we have the solutions for you. We go the extra mile to make sure you are included and welcomed during your visit.

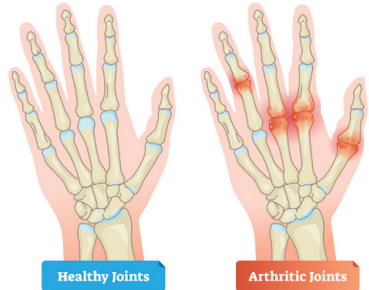
Have you noticed that it's more difficult to grip and make a fist? Do you have stiff, achy fingers and hands? You are likely experiencing the effects of arthritis.

At MedRehab Group Physiotherapy, our therapists are experts at treating the different types of arthritis that cause your hands to hurt. We can help teach you strategies to manage your arthritis to use your hands with less pain!

If you are living with arthritis, you're not alone. There are over 100 different types of arthritis that people are diagnosed with, and millions deal with limitations from the different types. Arthritis pain is directly correlated to the restriction of mobility in your joints, which in turn influences the health of your muscles, ligaments, and tendons.

Fortunately, our physiotherapists are experts in treating arthritis in your hands. We will help restore the movement in your joints and strength in your muscles to alleviate arthritic inflammation and pain.

Contact MedRehab Group Physiotherapy today, and let us help you relieve your pain so you can use your hands to do the things you love!



## WHAT TYPES OF ARTHRITIS ARE FOUND IN THE HANDS?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common type of arthritis found in the hands. This type is the result of a gradual breakdown of cartilage in the joints. This breakdown can occur at any age but is most common after an injury or repetitive use of the affected joint(s). Cartilage can no longer protect the joints when worn down, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis (RA) is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. Most experts believe that your hormones, genes, smoking, and environment could all contribute to the development of RA.



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# Hand Therapy For Arthritis Relief

People have found enormous success in arthritis relief through specialized physiotherapy known as hand therapy. Hand therapy focuses on the upper extremity as a whole, including the wrist/hand, forearm, elbow, and shoulder. Hand therapists work toward returning the affected area to its highest level of function.

A therapist typically uses manual techniques to manipulate the affected arthritic area to release tension, swelling, and pain. Through massage and hands-on treatments, patients can find significant improvement – sometimes after just one session! In some cases, additional techniques, such as heat therapies, ultrasound, or paraffin wax therapy may also be used as part of your treatment plan to manage your pain and keep symptoms at bay.

However, one of the most significant roles of a therapist is prescribing targeted mobility and strengthening exercises to help you restore the use of your hands. These will be dependent upon the type and severity of your arthritis. Sometimes splints are needed to help you, especially at night.

Your therapist will also work with you on strategies and modifications that help you function better. Teaching you about your pain and how to manage it can help you get over the hump and regain your independence in day-to-day tasks and improve the quality of your life.

## WHAT TO EXPECT AT YOUR HAND THERAPY VISIT

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

By combining findings from your exam, our therapists can determine the



underlying pathology and provide appropriate treatment to optimize your outcomes. Your treatments will aim to relieve pain, promote healing, and relearn or modify activities to make daily life easier.

## CALL TODAY TO MAKE AN APPOINTMENT

A large part of therapy for your hand is helping you improve your range of motion, strength, and overall function so you can safely and comfortably perform your daily activities once again. At MedRehab Group Physiotherapy, our team will work closely with you to determine which course of treatment will be best for your specific needs. Contact us today to schedule a consultation to learn more about how hand therapy can relieve your upper extremity arthritis.

Sources:  
<https://www.sciencedirect.com/science/article/abs/pii/S0894113017302618>  
<https://pubmed.ncbi.nlm.nih.gov/32365314/>  
<https://academic.oup.com/rheumatology/article/45/5/577/1788575>



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## Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

**By referring a friend, they will thank you and so will we!**





## Our Patients Get Great Results!

"I have nothing but amazing things to say about this clinic! The receptionists are so welcoming and helpful. They are understanding and accommodating when booking appointments and answering questions. The therapists are wonderful! They are professional and go above and beyond to make sure their patients are comfortable throughout the entire appointment."

- 5-Star Google Review  
Woodbridge Clinic

## Arthritis & Cold Weather

Do you notice that your arthritis becomes more painful in the winter? Does it become harder to go about your daily activities?

Arthritis can hinder many qualities of life — from work to hobbies to overall mobility. Some people are so affected by arthritis that they cannot work and have to go on disability.

If you are suffering from the chronic pain of arthritis, or you think you might be, call MedRehab Group Physiotherapy to schedule a consultation with one of our physiotherapists. Physiotherapy is a safe, healthy, and effective way to treat arthritic pain.

Although cold weather does not cause arthritis, it can aggravate existing aches and pains. According to the Arthritis Foundation, cold temperatures can increase pain sensitivity, slow blood circulation, and cause muscle spasms.

*Luckily, there are some things you can do to help alleviate your arthritis symptoms in the winter, including:*

- **Keep warm.** If the winter chill bothers your joints, the best antidote is to bundle up! Layer up with hats, gloves, and scarves. You could also take a warm bath to help your stiff joints.
- **Exercise.** When you're in pain, exercise might be the last thing on your mind. But did you know that getting active is the single most effective way to alleviate arthritis pain and keep your joints happy? Exercising can include anything from taking a yoga class to walking around your neighborhood.
- **Practice healthy eating habits.** Did you know that your diet can contribute to your levels of inflammation and, consequently, how much pain you're in? Opting for anti-inflammatory foods can significantly improve arthritis symptoms.

If you believe you need some extra help when it comes to pain relief this season, don't hesitate to contact MedRehab Group Physiotherapy. Our dedicated team can help you start feeling better, so you can focus on enjoying this winter with your loved ones.

## Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

**Call Today!**



## New Location In Vaughan

Opening – March 1, 2023

We are excited to announce the opening of our new Vaughan physiotherapy practice location, where we will continue to provide top-notch care to our valued patients.

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