



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### ADAPTING YOUR LIFE TO MEET YOUR NEEDS

Sometimes life throws you curve balls and it requires you to adapt and overcome, but where do you start? What will you need? Who you gonna call? Ghostbusters, no, your favorite PTs and OTs! Luckily, we are trained to assist you in these areas. There are many reasons you may need to adapt things in your house and your life. Some of these are only for a short period of time and some of the adaptations will be lifelong changes. No matter what comes there are ways to accommodate your home and your life to still do the things you love with some minor adjustments and/or possibly adding some adaptive equipment. Check out this month's blog on how our practice can help you adapt and overcome the injury obstacles you are facing today.

### AROUND THE CLINIC:

Just in time for summer, May is national physical fitness and sports month. This month is to encourage people to get out and get active. Maybe try a new sport or get out and take a walk. Whatever it is, just try to get moving and enjoy the sun and the warmth of Colorado. Here are some easy ideas that can be added to any schedule to get moving and grooving.

- Park further from the store when running errands
- Arrive early to your PT/OT appointment and take a walk on the path around the facility
- Enjoy some gardening or yard work for short durations in the earlier morning or later afternoon times
- If you have kids or dogs, go outside and blow some bubbles to chase
- Chair yoga in the outdoors, there are a lot of easy videos on YouTube to follow on your phone. Just search beginner chair yoga.

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# Spotlight Diagnosis of the Month

**Diagnosis:** Osteoarthritis

## What is it?

There are several kinds of arthritis. OA (osteoarthritis) being the most common. Like most forms of arthritis, OA is a degenerative disease that affects the tissue of a joint and overtime it will breakdown the protective cartilage that attach to the ends of bones, thus causing the bones to rub together causing pain. There are 29 bones in your hand and wrist that form many small joints which can be affected by OA. One in 4 people will develop OA by the time they are 85 years old. There is no identifiable cause of OA, although several factors can increase the prognosis such as:

**Genetics:** inherited from a family member

**Injury:** if you have had a hand or wrist injury it can lead to OA. Fractures and dislocations are among the most common

**Gender:** Women are 5 times more likely to develop OA on or before the age of 50

**Race:** Caucasians are more often affected than other nationalities

**Joint issues:** Joint infection, overuse, loose ligaments, and poorly aligned joints can also lead to wrist or hand arthritis

**History of work and leisure activities:** Anyone who has been involved in jobs or fun activities, that required repetitive motion of the hands, sustained holding, using tools that vibrate or spend time in cold weather without proper gloves/mittens are more likely to develop OA.

## Common Symptoms


Pain, stiffness and loss of motion, crepitus (grinding, clicking or cracking sensation), swelling, nodules, weakness.

## How Occupational and Physical Therapy Can Help:

If you are experiencing any signs or symptoms of OA, an Occupational Therapist (if it is in the elbow, wrist or hand) or a Physical Therapist can provide you with education on joint protection, adaptive equipment, proper braces/splints, exercises to increase joint flexibility and decrease pain. Unfortunately, there is no cure for arthritis, but there are many ways to decrease the effects it has on your daily life.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.\*\*\*

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