



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness

RELIEVE YOUR ARTHRITIC PAIN

**THE NATURAL WAY**

*WITH PHYSICAL THERAPY*



[SugarLandPT.com](http://SugarLandPT.com)

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## RELIEVE YOUR ARTHRITIC PAIN THE NATURAL WAY WITH PHYSICAL THERAPY

According to the Centers for Disease Control (CDC), 1 in 2 people will have symptoms of knee osteoarthritis sometime before the age of 85. They also state that approximately 54.4 million U.S. adults are diagnosed with some form of arthritis each year. Signs of arthritis may include pain with squatting, bending, or sitting too long. Pain that is worse in the morning but seems to disappear throughout the day may also be a sign of arthritis. There are a number of reasons why arthritis may occur, including:

- Normal or abnormal wear and tear on joint cartilage.
- Injuries that damage cartilage and joints.
- Diseases that damage cartilage.
- Lack of joint support from poor muscle strength and tissue flexibility.

Do you think you may be experiencing the signs of early-onset arthritis? Are you looking to manage your arthritic pains so you can live more comfortably? Are you looking to avoid knee surgery? If so, contact us today.

### What Exactly Is Arthritis?

The term "arthritis" refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints. This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid Arthritis is a bit different from osteoarthritis and it is not as well

understood. It is the second most commonly experienced form of arthritis, and it 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. While research is ongoing, in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors.

### Physical Therapy Can Help You Avoid Surgery

Our physical therapy treatments can help to greatly reduce your hip and knee pain. In many cases, our personalized treatment plans can even help relieve your pain completely, sparing you the need for an invasive surgical correction such as knee surgery. Here are a few research examples showing how PT is better than surgery:

- [PT Is Better Than Surgery for Nonobstructive Meniscal Tears](http://ptisbetterthansurgery.com)  
[jamanetwork.com/journals/jama/fullarticle/2705186](http://jamanetwork.com/journals/jama/fullarticle/2705186)
- [PT Is Better Than Surgery for ACL Injury and Prevention](http://ptisbetterthansurgery.com)  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC5577417/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5577417/)
- [PT Is Better Than Surgery for Patellofemoral Pain Syndrome](http://ptisbetterthansurgery.com)  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC5440631/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5440631/)

At First Colony Aquatic and Rehabilitation Center, we offer Aquatic Therapy for those who cannot tolerate typical PT. Water's natural buoyancy reduces gravity on aching muscles and joints, thereby improving motion and functionality with exercise while allowing the muscles to relax. Aquatic Therapy can help determine if you truly need surgery. The inability to perform even basic Aquatic Therapy exercises, without an increase in pain, is the best second opinion you can get. Only this time, it's your own.

## CHECK OUT OUR MONTHLY VIRTUAL WORKSHOPS!

Are you interested in joining us for a virtual workshop? We offer two free workshops each month. Please visit our website below for upcoming dates and to register. We can't wait to help you get back to moving again!

[www.sugarlandpt.com/workshop](http://www.sugarlandpt.com/workshop)



WATCH OUR MOST RECENT WORKSHOP AT:

[fb.com/pg/firstcolonyaquaticandrehabcenter/videos](http://fb.com/pg/firstcolonyaquaticandrehabcenter/videos)

Learn more by visiting [sugarlandpt.com](http://sugarlandpt.com) or call to schedule your appointment today!

# HOW CAN I RELIEVE MY ARTHRITIS?

While there is not yet a known cure for arthritis, there are some steps you can take on your own, in addition to physical therapy treatments, to make sure your pain is managed to the best of your ability. These include:

**1. Getting exercise.** It can sometimes feel difficult to move when you are suffering from arthritis. However, exercise is important for relieving pain and maintaining joint function. It is also vital in strengthening muscles, increasing flexibility, and improving blood flow. In order to avoid additional pressure on the affected joint(s), you can mix weight bearing and non-weight bearing exercises, such as aquatic exercises or bicycling. Your physical therapist will prescribe targeted exercises to you that you can do both during your PT sessions and on your own time. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better.

**2. Taking your vitamins.** The Arthritis Foundation states that there are a multitude of benefits in taking glucosamine and chondroitin vitamins. Glucosamine is naturally made in the body and helps support the cartilage by retaining water and preventing wear. Therefore, taking additional glucosamine vitamins can help with damaged cartilage. Some studies have also shown glucosamine to slow down joint damage altogether. Consult with your physical therapist about additional supplements to help ease your pain and promote cartilage health.

**3. Avoiding certain foods.** Did you know that some foods actually increase the body's natural inflammatory response? Fried foods, soda, processed foods, and foods with high sugar content and high fat can cause the inflammation of your arthritis to worsen. By cutting out these foods, you can help naturally relieve the inflammation in your body.

**4. Taking calcium and magnesium supplements.** Many people are deficient in calcium and magnesium. These are vital minerals needed

for hundreds of processes in your body. Having enough calcium and magnesium allows you to build strong bones while simultaneously reducing irritated nerve endings, thus decreasing pain. If possible, find supplements that are in powder form that can be easily digested and help your body's intake of these essential minerals.

**5. Getting plenty of rest.** Sleep is a time for our body and brain to repair itself. Making sure you are getting enough sleep is important. By allotting yourself 7-8 hours of rest each night, you are able to allow your body to repair and decrease pain. When you are tired, your body does not function as well, increasing the inflammatory response and reducing your pain threshold.

## Contact First Colony Aquatic and Rehabilitation Center for relief:

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery. In fact, in many cases, physical therapy can even eliminate the need for risky treatment methods altogether, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy can also help you prepare and recover from your procedure. If you or a loved one is suffering from arthritis (or you think you might be), contact us today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life.

Contact us today (Sugar Land: 281-325-0188, Rosenberg: 281-239-3838) to schedule an appointment. We are dedicated to providing you with the tools you need for recovery and relief!

## SUCCESS STORIES

### What Our Patients Have to Say



**“** *This place is awesome! It is a family atmosphere and the therapists are great at what they do. I was told that I would never walk again and now I am walking, driving, and doing daily activities. If you are in need of any type of therapy, I highly encourage you to come here. You will not be disappointed.”* **-H.R.**

## GRILLED SHRIMP TACOS & AVOCADO CREMA



- 24 large shrimp peeled, deveined
- olive oil
- seasoned salt
- black pepper
- 8 corn tortillas
- 1 bag, shredded green cabbage
- fresh cilantro for garnish
- 1 large or 2 small avocados
- 1/4 cup Mexican crema (or alternatively, sour cream)
- 1 clove garlic, minced or grated
- squeeze of lime juice

**Avocado Crema:** Smash avocado in a bowl. Mix in minced garlic and Mexican crema (or sour cream) until smooth. Squeeze in the juice of 1/2 a lime along with a generous sprinkle of salt and pepper. **Shrimp:** Rinse shrimp under cold water and pat dry with a paper towel. Drizzle shrimp with olive oil and season generously with your favorite seasoned salt blend and ground black pepper. Skewer shrimp and place on grill. Grill 3-4 minutes per side just until pink throughout. The shrimp can cook quickly depending on how hot your coals are. Remove skewers from the grill and remove shrimp. **Tortillas:** Heat tortillas on the stove top (they will dry out on the grill) just until hot and slightly charred. Top each tortilla with a dollop of avocado crema and spread. Add shredded cabbage, shrimp, torn cilantro, and a squeeze of lime juice. Drizzle with more Mexican crema. Serve immediately, while the shrimp is hot.

# WORKOUTS TO DO FROM HOME

Watch our videos at: [youtube.com/user/aquaticrehabcenter](https://youtube.com/user/aquaticrehabcenter)

## SIDE STEPS WITH EXERCISE BAND



### Use This Exercise to Strengthen Your Hips

Begin with a mini band placed around the ankles, hands on hips, and hips slightly back in an athletic stance. Step to the side, pushing through the grounding leg, and then actively pulling that leg back under the hip to continue moving in the same direction as many steps as directed by your physical therapist. Repeat in the other direction as directed by your physical therapist. Complete 3 sets of 10 repetitions.

### Did you know...

Many people with knee pain and arthritis also have hip weakness. This weakness of the hip puts excess stress on the knee. By strengthening your hips, this exercise can help reduce knee pain.

## POOL FORWARD WALKING



### Use This Exercise to Re-introduce Pain-Free Standing and Walking

Start by standing upright in a pool with the water level at least waist height. Slowly walk forward, placing one foot down with your heel touching first and then your toe. Press off on your toe by allowing your heel to leave the ground first when you step forward. Continue with 3 sets of 10 repetitions.

### Did you know...

Exercising in water reduces body weight and can help you avoid a knee replacement. Aquatic Therapy can heal your body by slowly re-introducing movement to the knees and hips, with reduced weight-bearing on the joints.

Learn more about Aquatic Therapy by visiting [sugarlandpt.com/physical-therapy/aquatic-therapy/](https://sugarlandpt.com/physical-therapy/aquatic-therapy/).

Exercises copyright of



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



## STAFF SPOTLIGHT: MEGAN ALLAHVERDIAN, PT, DPT

Megan is originally from South Carolina. She moved to Virginia in 2006 to attend Old Dominion University and obtain her doctorate in physical therapy. From there, she had an internship in Houston where she fell in love with the city and the people. She moved to Houston and joined First Colony Aquatic and Rehab in June 2009. She loves to travel and hike outdoors. Her favorite pastime is drinking coffee with friends! She is active in her church community and recently got married in February 2020. She and her husband are expecting their first child in March 2021.

## DIRECT ACCESS WHAT DOES IT MEAN?

Physical Therapy is Easier  
to Get Than You Think!

- A physician referral no longer needed for 10 business days, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Therapy may begin with a full evaluation by a licensed physical therapist.
- When a physician refers you to therapy, you ALWAYS have the right to CHOOSE where to be seen.

**Don't let your pain hold you back.  
Call us today or visit our website  
at [SugarLandPT.com](https://SugarLandPT.com).**