

**RELIEVE  
ARTHRITIS  
PAINS THE  
NATURAL  
WAY WITH  
PHYSICAL  
THERAPY**

**STAFF  
SPOTLIGHT**

**ANDREW  
PT, DPT**



**CALL 406. 220.5362 TODAY!**



## RELIEVE ARTHRITIS PAINS THE NATURAL WAY WITH PHYSICAL THERAPY

**Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis. At Element Physical Therapy, you can find solutions to your pain and get back to living the life you enjoy!**

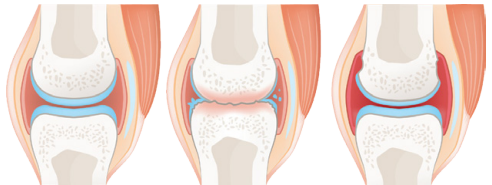
Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Element Physical Therapy can help!

### WHAT IS ARTHRITIS?

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 breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong



HEALTHY JOINT

OSTEOARTHRITIS

RHEUMATOID

cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

**Rheumatoid Arthritis** 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.

*Continued on next page.*

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# RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

Continued from previous page.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

## WHAT YOU CAN DO TO HELP YOUR ARTHRITIS PAIN

Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

**Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

**Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

**Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

## HOW CAN PHYSICAL THERAPY HELP RELIEVE ARTHRITIS?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination



help reduce your pain and improve your function. At Element Physical Therapy, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

**If you or a loved one is suffering from arthritis, contact Element Physical Therapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!**

## HEALTHY RECIPE

### ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE



#### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil

- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

**DIRECTIONS:** Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese>

Call Element Physical Therapy Today or visit our website at [elementpt.com](http://elementpt.com) to schedule your consultation today!

# PATIENT SUCCESS

**“Kate and staff were truly amazing! I came to them suffering. Really suffering. Amazing turn around an improvement. I’m very grateful!”**

— Stuart F.



**Have a PT Success Story You Want To Share? We Would Love To Hear It.**

**Just Scan the QR code to leave us a review.**

# STAFF SPOTLIGHT



## WELCOME ANDREW

**ANDREW HARMON  
PT, DPT**

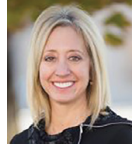
Andrew grew up in Hudson, WI. He remained in the Midwest as he graduated from St. John’s University where he earned his bachelor’s in psychology in 2017. Then, earning his DPT at Concordia University —Wisconsin in 2022. After gaining experience at an outpatient clinic in Hastings, MN, he followed his dream of moving to Missoula to be with his brother, sister and the mountains.

Through Andrew’s experiences, he has developed passions for orthopedic, neurological and vestibular conditions. He has gained experience in vestibular therapy via clinical experience and formal coursework in his first year as a physical therapist and in orthopedic therapy via clinical experience and treatment of his own gamut of injury through his hobby sports: rock climbing, skiing, mountain biking, soccer and hiking. Having been deterred from sporting through injury in the past, Andrew loves assisting people back to a healthy state. His approach to therapy is holistic and engaging, utilizing manual therapy, patient education, functional training and patient-specific tasks to return to optimal function.



# A NOTE FROM AMY

## Gentle Exercise for Arthritis Patients



*Hello friends,*

*During my time as a PT, I’ve seen it over and over: regular exercise is one of the best ways for people with arthritis to improve their quality of life. But I also know how challenging it is for my arthritis patients to get started, especially since movement often triggers arthritis pain.*

*I always tell my patients the same thing: keep it low-impact! These low-impact exercises are great choices for people with arthritis:*

- Walking
- Cycling (on a stationary or moving bike)
- Light gardening or yard work
- Strength training with resistance bands
- Mobility stretches

*If you have arthritis, the best way to find out which exercises you should do is to schedule an appointment with Element PT! Our team can create a customized exercise plan to help manage arthritis symptoms.*

*All the best,*

*Amy Downing,*

*PT, Owner, Emory Certified Vestibular Specialist*

# COME BACK TO PT!

# ARE YOU IN PAIN?

**Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!**



**Call (406) 220-5362  
OR Scan the QR code below  
to make an appointment.**

**(406) 220-5362 | elementpt.com**



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## ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE

RECIPE INSIDE

*Start the new  
year with this  
delicious and  
healthy dish!*



# IF YOU ARE IN PAIN COME BACK IN FOR PT!

Schedule Your Consultation Today!

## 406. 220.5362

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