



NEWSLETTER

SE HABLA ESPAÑOL



FIVE MYTHS ABOUT ARTHRITIS PAIN AND ONE THAT MIGHT BE TRUE



"These guys are the best!"

Read Deidre's Review Inside

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER, AND MORE ACTIVE!

OptimumPhysiotherapies.com

210-985-9498



FIVE MYTHS ABOUT ARTHRITIS PAIN AND ONE THAT MIGHT BE TRUE

At Optimum Physio Therapies, we want to help dispel some of these myths. By understanding the intricacies of arthritis, you can better manage your symptoms and live a full, active life.

Keep reading to find out some surprising facts about arthritis. And if you'd like to learn more about the role of physical therapy in arthritis management, call our clinic to schedule an appointment today!

Myth 1: There's Only One Type of Arthritis

We often talk about arthritis as if it's one condition, but the word actually refers to over 100 distinct conditions, all of which cause inflammation in the joints. The most common type of arthritis worldwide is osteoarthritis, a degenerative form primarily affecting older people. Because it's so common, people sometimes use "arthritis" and "osteoarthritis" interchangeably, but they are two distinct terms.

It's important to recognize the different types of arthritis because they can cause slightly different symptoms and complications. For example, rheumatoid arthritis (the second most common form of arthritis) is an autoimmune condition that can cause fatigue and fever alongside painful joints.

Myth 2: All Joint Pain is Some Type of Arthritis

Actually, there are many reasons why someone might experience joint pain. Overuse injuries, ligament tears, and bursitis can all trigger pain and restricted mobility in your joints.

If you're struggling with persistent pain in a joint, your best bet is to schedule an appointment at Optimum Physio Therapies. Our physical therapists will perform a comprehensive assessment and can let you know for certain what's causing your symptoms.

Myth 3: Arthritis Pain is a Normal Part of Aging

Because the most common form of arthritis primarily affects older people, many assume that arthritis pain is an inevitable part of growing older. In reality, 53% of adults aged 65 or older haven't been diagnosed with arthritis. Even among people 80 or older, around 43% don't have a diagnosis.

Age is certainly connected to arthritis, particularly osteoarthritis, but you have options for preventing its development. Furthermore, developing arthritis doesn't necessarily mean you have to suffer.

Continued inside.

CALL 210-985-9498 TODAY FOR YOUR APPOINTMENT!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com



FIVE MYTHS ABOUT ARTHRITIS PAIN

Continued from the previous page.

Myth 4: There's Nothing You Can Do About Arthritis Pain

Along with Myth #5, this is one of the biggest myths out there. While it's true the most common types of arthritis have no cure, you can manage your symptoms and delay the condition's progression — all without surgery, too!

Physical therapy is one of your options. We can help you manage your pain through manual therapy and therapeutic exercise. Diet also plays a role; eating a healthy diet rich in fruits, veggies, and whole grains can help minimize joint inflammation.

Myth 5: You Shouldn't Exercise If You Have Arthritis

Of all the arthritis myths, this is probably the one that has done the most damage. While it might seem logical on the surface, especially if you have osteoarthritis, exercise and movement actually protect you against arthritis pain!

Staying active throughout can help prevent arthritis from developing in the first place. But if you've already developed the condition, regular physical activity is essential in reducing your pain and mobility restrictions.

The key is to ensure you perform low-impact activities that don't put too much stress on your joints. The team at Optimum Physio Therapies can help you find the right exercise program to suit your needs.

Myth 6: Weather Changes Cause Arthritis Pain

Surprisingly, the myth might have some truth to it. While weather doesn't cause arthritis pain, studies show that some rheumatoid arthritis patients experience slightly increased symptoms in cooler weather.

Separate Truth From Fiction with Optimum Physio Therapies

Our team is here to help you manage your arthritis pain. We'll let you know what works, what doesn't, and help you find a customized solution that meets your needs.

Call today to schedule an appointment!



OPTIMUMPHYSIO
THERAPIES

210-985-9498

WORKING OUT WITH ARTHRITIS

TIPS FROM OUR PTS



Now that you know skipping physical activity can worsen arthritis symptoms, you're probably wondering how to keep moving safely. Don't worry: the team at Optimum Physio Therapies is here to help!

Your first step is to schedule an appointment with us. It's essential that you have a clear idea about which activities you can safely participate in without putting too much pressure on your joints. We can also work with you to strengthen any muscular imbalances and generally get you ready to get moving.

We can also share which activities are suitable for people with arthritis. You want to select low-impact workouts that go easy on the joints. Most importantly, however, whatever you choose should be fun.

Why? Because the more fun you're having, the more likely you are to keep doing it!

Physical Therapist-Approved Exercise Ideas

Once you've been cleared to start a new exercise program, here are some ideas from our PTs to get you started:

- Walking, either outside (preferably on a dirt trail) or inside on a treadmill
- Cycling
- Swimming
- A customized exercise program at Optimum Physio Therapies
- Golf

If you have any questions about working out with arthritis, don't hesitate to call us! Our team is happy to guide you through the process.

EXERCISE ESSENTIALS

Hip Flexor Stretch — Edge of Table

Start seated with your butt on the edge of the table. Lie back so that your head is on a pillow and pull both knees to your chest. Slowly lower the leg you want to stretch and straighten it so it hangs off the table. Hold for 30 seconds.



PATIENT SUCCESS STORY!

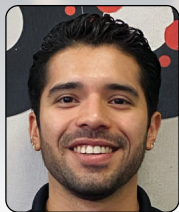


“These guys are the best!”

“These guys are the best! I have been going here for the past 6 weeks to work on osteoarthritis in my hip. I have more mobility in my hip now than I have had for the past 10 years, and far less pain. I still have a ways to go, but I am confident that the team at OPT will continue to help me get to where I want to be. If you are considering PT, this should be your first stop. I wish I'd found them years ago! Great and knowledgeable people, clean and open facility, easy scheduling, and a variety of additional services that complement and enhance your therapy. Highly recommended.” —Deidre M.

We Want To Hear Your PT Success Story!

Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.



STAFF SPOTLIGHT

ARTURO GUERRERO

Movement Specialist

Arturo Guerrero is from Brownsville, TX and relocated to San Antonio to further his education at UTSA where he graduated with a Bachelor of Science in Kinesiology. Arturo has been a part of the Optimum Physio family since 2015 and has been a pivotal piece in developing a strong patient centered culture. Throughout his tenure here Arturo has taken on the role of fitness and rehab director. He is extremely passionate about fitness and believes that movement is a medicine for creating change in a person's physical, emotional, and mental state. What truly motivates him is helping others overcome debilitating injuries in order to regain their life back! In his free time Arturo enjoys playing soccer and golf as well as traveling to new destinations. Arturo plans to continue his education in rehab and pursue a doctoral degree in physical therapy.



SONIA'S COOKING CORNER

PESTO PASTA

FOR PASTA:

INGREDIENTS

- pasta
- 1 pot of water
- salt

INSTRUCTIONS: Boil for 12 minutes

FOR PESTO SAUCE:

INGREDIENTS

- 2 cups of basil leaves
- 1/3 cup of pine nuts
- 1 cup olive oil
- 1/2 tsp of salt
- 4 cloves of garlic
- 1/2 tsp of pepper
- 1/2 cup of grated parmesan

INSTRUCTIONS: Add all the ingredients to a blender and blend on high. Add additional olive oil for desired consistency. After blending add to your pasta and serve.



Courtesy of Sonia

WATCH THE VIDEO FOR STEP-BY-STEP INSTRUCTIONS!



NEW!

NOW YOU CAN WATCH SONIA'S COOKING CORNER ON YOUTUBE!

Scan the QR code to visit our YouTube Channel.

IS IT YOUR BIRTHDAY MONTH?



If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

WHAT'S NEXT AFTER PHYSICAL THERAPY

BUILD ON YOUR SUCCESS

WORKOUT WITH THE TEAM THAT ALREADY KNOWS YOU!

Personalized fitness classes for all levels!

