



# WHY OSTEOARTHRITIS IS SUCH A PAIN AND HOW PHYSICAL THERAPY CAN HELP

Persistent joint pain can severely hamper your lifestyle. One of the more common causes of persistent and chronic joint pain, particularly among older people, is osteoarthritis, a degenerative condition that causes joint inflammation. People with osteoarthritis (OA) will struggle with pain and stiffness in the affected joints, making it difficult to live the type of active lifestyle that could help them manage their symptoms. If you've been diagnosed with OA, the physical therapists at H2Orthopedic can help you better understand the condition, ensuring you get the relief you need. Call us today to learn more.

## What Is Osteoarthritis? Examining the Causes and Risk Factors

Osteoarthritis is the most common form of arthritis in the world, affecting around 3.5% of the global population — and nearly 32.5 million Americans. Its primary symptoms are joint pain and immobility; if left unaddressed, it can profoundly impact your overall quality of life.

But how do you address OA, a condition with no current cure? We can start by looking at what causes the joint inflammation.

The joints in your body contain two materials that help protect the bones:

**Cartilage**, a flexible tissue that acts as a shock absorber and prevents the bones in a joint from rubbing against each other

**Synovial fluid**, a substance that lubricates your joint whenever you move

Osteoarthritis occurs when these materials degenerate, causing your bones to rub against each other. Without protection from cartilage and synovial fluid, basic joint

*Continued Inside.*

**Make your health a priority by returning to H2Orthopedic!**  
To learn how Aquatic Therapy can help you,  
give us a call at **949-997-3107** or visit **H2Orthopedicpt.com**.

**Call to schedule your in-clinic or teletherapy appointment today!**

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movements become painful, the joint tissue becomes inflamed, and your range of motion diminishes.

But what causes that degeneration? Researchers aren't sure, but it's tied to aging – your risk of developing osteoarthritis increases as you get older. Around 80% of people over 65 have radiographic evidence of osteoarthritis in their joints, although not all of them experience symptoms.

Certain factors beyond aging can also increase your risk of developing osteoarthritis. Most of these factors contribute to the tissue degeneration that causes OA:

- Genetics
- Past injury to a joint (particularly a weight-bearing joint)
- Jobs that require repetitive squatting, bending, or twisting
- Excess weight

## How Do I Know If It's Osteoarthritis?

There are many reasons someone might experience joint pain beyond osteoarthritis, so it is important to seek out an expert, such as the physical therapist at H2Orthopedic, for a diagnosis. That said, certain types of pain and other symptoms could indicate you've developed OA, especially if you're over 50:

- Pain that flares up during activity but lessens with rest
- Pain when you press on the joint
- Joint stiffness, particularly first thing in the morning – it'll usually ease up after about 30 minutes
- Cracking, crunching, or creaking noises in the joint (officially known as crepitus – those sounds are the bones rubbing together).

When you visit us for your initial appointment, our therapists will conduct a detailed physical assessment that considers your health history, OA risk factors, and symptoms. We'll also conduct several movement screens that test your range of motion, strength, and balance, which can help develop the best treatment plan for your needs.

## Movement: The Best Medicine for OA

It might sound contradictory, but exercise is crucial in treating and managing osteoarthritis. Your joints want to move, and moving them regularly keeps them healthy and lubricated.

For this reason, physical therapy plays a big role in helping you manage osteoarthritis, especially if you want to avoid surgery. We'll

work closely with you to develop a tailored exercise program that suits your needs and ability levels, focusing on low-impact activities like walking, biking, or swimming.

We can also help with other areas of OA management, such as...

- Providing drug-free pain relief through manual therapy techniques.
- Working with you to improve your joint's range of motion so you can move more freely.
- Helping you improve your balance and walking patterns. While OA can affect any joint, it's most common in weight-bearing joints like the hips or knees, which make it difficult for you to move around.
- Educating you on OA and various self-management strategies

## Don't Let Osteoarthritis Cramp Your Style!

Suspect you may have OA? Recently diagnosed and seeking treatment? The experts at H2Orthopedic can help. Call today to schedule your appointment!

**Contact H2Orthopedic today to schedule a consultation and figure out how physical therapy can help your Osteoarthritis!**

**REQUEST AN APPOINTMENT**

*Our physical therapists can help you better understand osteoarthritis, ensuring you get the relief you need!*



949.997.3107





## SUCCESS STORIES

*Our Patients Are Seeing Results!*

**"The VA approved my community care with H2Orthopedic. I did the aquatic therapy and the land therapy. The staff is fantastic and knowledgeable. The facility is very nice and they have a lot of equipment and tools that they use to help you get relief from whatever pains you. I highly recommend H2Orthopedic."**

**—Steve L.**



**We Want To Hear Your Success Story!**

You could inspire someone else by sharing your success. Just click below to visit our review page.

**Share Your PT Success Story**

## AT-HOME EXERCISE

### Hip Hikes With Balance Support

Stand on the leg that needs to be exercised. Hold on to a chair or counter for support. Start with your hips in a neutral position. Gently, move the hip of the off leg towards the ground. Using the chair for support, next lift the pelvis towards the ceiling.



## OMELET MUFFINS

### INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

**DIRECTIONS:** Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.



*Great make-ahead breakfast treat for those early morning workouts!*

# A New Year, A New You!

Let H2Orthopedic  
Help You Get  
Stronger, Faster, and  
Healthier in 2024!  
**CALL TODAY!**



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#### Terms & Conditions:

- Must commit to a 3, 6, or 12 month auto pay to receive membership pricing and offers.
- Membership premiums are non refundable.
- Transfer limitations apply.
- Cannot be combined with any other discount.
- Must use services within 90 days of payment.
- 20% discount applies to first month only, each month thereafter priced as listed. Offer expires 1/31/2024.

**\*Concierge Membership includes the following monthly wellness services:**

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**20% OFF**  
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EXPIRES 1/31/2024

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*Sign up Today!*