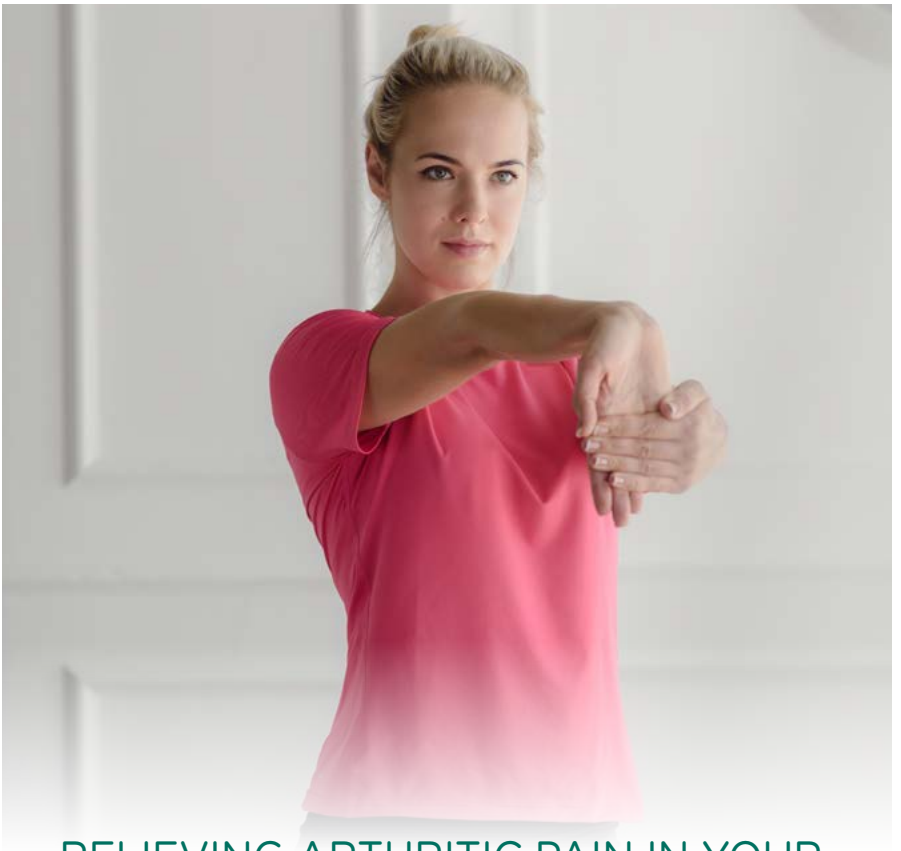
Ability PHYSIOTHERAPY & WELLNESS

Empowering Your Tomorrows



RELIEVING ARTHRITIC PAIN IN YOUR UPPER EXTREMITIES

INSIDE:

- What Can I Do on My Own?
- Exercise Essentials
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- Honey Garlic Shrimp

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NEWSLETTER

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RELIEVING ARTHRITIC PAIN IN YOUR UPPER EXTREMITITES

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physiotherapy. Contact Ability Physiotherapy today to find out more.

Physiotherapy, Occupational Therapy, and Hand Therapy – Defined:

People have found enormous success in upper extremity arthritis relief through physiotherapy and occupational therapy treatments.

Before you can understand why physiotherapy and occupational therapy are both so important for arthritic pain relief, you must first understand the differences between physiotherapy and occupational therapy. Physiotherapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. Occupational therapy, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises.

Hand therapy is also a form of occupational therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

(continued inside)

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Click To Call & Talk to a Physiotherapist: (403) 455-0077

WHAT CAN I DO ON MY OWN?

(continued from outside)

Hand Therapy for Arthritis Relief:

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

On Your Own

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.

Contact Ability Physiotherapy

At Ability Physiotherapy, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!

(403) 455-0077

HEALTHY RECIPE: HONEY GARLIC SHRIMP



Ingredients

- 1/3 cup honey
- 1/4 cup soy sauce (reduced sodium)
- 1 Tablespoon minced garlic
- 1 lb medium uncooked shrimp, peeled & deveined
- 2 teaspoons olive oil
- optional: chopped green onion garnish

Directions

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl. **2.** Place shrimp in a large zipped-top bag or tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, steam broccoli and microwave quick brown rice). **3.** Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. Discard used marinade. Cook shrimp on one side until pink--about 45 seconds--then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 minute more. **4.** Serve shrimp with cooked marinade sauce and a garnish of green onion. The sauce is excellent on brown rice and steamed veggies on the side.



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- Foot Pain
- Wrist & elbow pain
- Muscle strains & sprains
- Stiffness caused by injury
- Muscle spasms
- Rotator cuff problems
- Joint pain
- Post-surgical rehab
- Knee and ankle sprains

EXERCISE YOUR MIND: Sudoku

					3	9		
7				5	8			
	3			2		6	4	
		5			2			
9	8			4			6	2
			8			3		
	7	1		3			8	
			2	6				7
		4	1					

http://1sudoku.com n° 328411 - Level Hard

Patient Success Spotlight

" Best in town!"

"Nice and accommodating staff, I have been coming here twice a week for my physio since 2018. They have given me all the support and treatment I needed and still do today. With improved machines for various treatments, I highly recommend checking them out. Best in town."

- Jag S.

Call to Schedule an Appointment
(403) 455-0077

Exercise Essentials

WRIST EXTENSOR STRETCH

Good stretch to improve your wrist movement.

Hold your arm straight in front of you with the palm down (facing the floor). With your other hand, gently press your hand down. Only press down until you feel a gentle stretch. If you experience elbow pain, either decrease the amount of pressure or slightly bend your elbow. Hold the stretch for 30-45 seconds.



Always consult your physiotherapist before starting exercises you are unsure of doing.

REFER-A-FRIEND



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