

Physio News

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ARTHRITIS PAIN? CONSIDER PHYSIOTHERAPY

If you are experiencing pain, joint stiffness and decreased mobility due to arthritis, you could greatly benefit from a consultation with one of our therapists. Physiotherapy has an excellent long-standing history of effectively treating the symptoms of arthritis.

The benefits of therapeutic exercises for rheumatoid arthritis were recently described by an expert panel of multidisciplinary health care researchers who concluded that therapeutic exercise is an effective means to achieve pain relief, improve strength, reduce swollen joints and improve function. A Canadian study of patients with Rheumatoid Arthritis also showed that those who followed a physiotherapy program improved with the treatment and were able to maintain the results one year later. Other research findings have shown that low-intensity exercise over a 24-week period can provide pain relief and improvement in functional status. Additionally, A recent study in the New England Journal of Medicine has found that physical therapy provided the same or better results in a group of patients with Osteoarthritis when compared to arthroscopic knee surgery.

Therapeutic exercise plays an important role in managing the symptoms of osteoarthritis as well. Studies have shown that therapeutic exercise, whether prescribed for specific joint problems or a general exercise program, results in reduced pain, improvement in physical activity, aerobic capacity and energy levels.

Carrying excess weight puts individuals at risk of developing osteoarthritis (OA), particularly in the weight-bearing hip and knee joints. A recent report from the Canadian Institute for Health Information (CIHI) demonstrates a correlation between being obese and the incidence of knee and hip replacement surgeries. "A population based, public health strategy to restore healthy physical activity and eating will mitigate the impact of arthritis and ultimately may delay or reduce the need for total joint replacement", remarked Laurie Hurley, a physiotherapist and Senior Director, Arthritis Programs at The Arthritis Society's Ontario Division.

Physiotherapy begins with a medical history and physical assessment that includes an analysis of function and gait. The treatment is then tailored to the individual's symptoms, needs and lifestyle. Using exercise, education and a variety of therapeutic modalities as needed, physiotherapists work with their clients to help them become stronger and more active. Physiotherapists are primary care, client-centred professionals who can make a contribution across the health care continuum. They help people of all ages gain and maintain optimal physical function allowing an active lifestyle. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help their patients increase mobility, have less pain, build strength and improve balance and cardiovascular function. Our Physiotherapists at Eramosa Physiotherapy Associates not only treat injuries, they also provide education on how to prevent the onset of pain and/or injury that can limit activity. Let us help you now not later!

Paperweight 'Dogs win title

After a grueling round-robin competition, the Halton Hills paperweight Bulldogs defeated Six Nations in a hard fought contest to win their division at the Greg Campbell Memorial Tournament in Welland. Team members (front, from left) are: Sheldon Reid, Bryce Hillock, Johnathan Stables, Jackson Webster, Eric Cunningham, Jack Reid. Middle row: Tyler Jaycocks, Casey Turkosz, Isaac Heslinga, Cody Hunter, Johnathan Nolan, Tristan Wight, Davin Kelly, Thomas Holmes. Back row: Coaches Mike Hunter, Chris Nolan, Scott Holmes. Absent: Hunter Gibson and Bradley Smith



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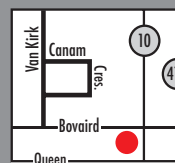
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