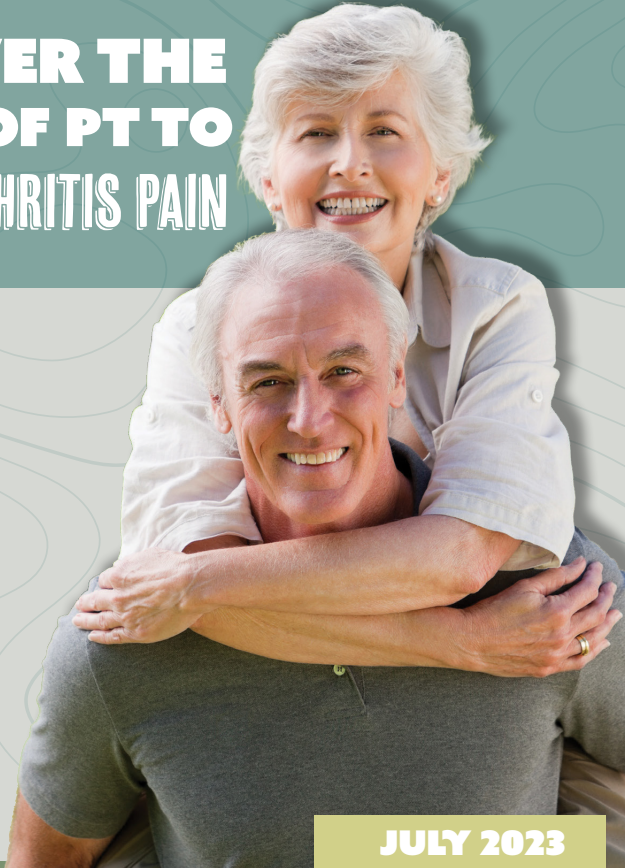




DISCOVER THE POWER OF PT TO RELIEVE ARTHRITIS PAIN



INSIDE:

JULY 2023

WHAT IS
OSTEOARTHRITIS?

HEALTHY
RECIPE

PATIENT
SUCCESS



DISCOVER THE POWER OF PT TO RELIEVE ARTHRITIS PAIN

INSIDE:

- What Is Osteoarthritis?
- Healthy Recipe
- Patient Success

JULY 2023

HEALTHY RECIPE



Caprese Salad

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced
- balsamic vinaigrette:**
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

Have you ever noticed a pain in your groin or knee when you walk or perform stairs? Or stiffness in your back when you get out of bed in the mornings? Do you find it painful to go up and down stairs? If so, you may be suffering from osteoarthritis. Fortunately, our therapist's at McCabe and Brady Physical Therapy are here to help you find relief and get you back to doing what you love!

WHAT IS OSTEOARTHRITIS?

Osteoarthritis or OA, is the most common form of arthritis and affects nearly 30 million people nationwide. It is a degenerative joint process that erodes the articular cartilage that cushions our joints. Articular cartilage provides the smooth, gliding surfaces between our bones that provides protection to our joints when we bear weight and move. The breakdown of this cartilage leads to inflammation, bone/joint damage and bone spur formation. As the condition advances and the joint breaks down further, people suffer from inflammation, pain, loss of motion and ultimately joint disability. OA is often associated with stiffness and/or pain when trying to move after prolonged rest or inactivity.

There are two types of OA, Primary and Secondary osteoarthritis. Primary OA has no known cause, but almost 30–65% is thought to be genetically determined. Secondary OA comes from injuries or traumatic events. Despite the differences between the two, the progression is similar, ultimately resulting in the loss and destruction of articular cartilage. Typical symptoms include pain, muscle weakness, joint instability, morning stiffness, crepitus (i.e., noises like snaps and pops) and physical inactivity.

COMMON RISK FACTORS ASSOCIATED WITH OSTEOARTHRITIS?

There is a growing body of evidence that has shown certain risk factors to commonly associated with OA, including:

- Obesity and an inactive lifestyle
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race),
- Specific bone/joint shapes
- Previous joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e. contact sports)
- Joint malalignment
- Aging

Of all the risk factors associated with OA, obesity is a compounding risk factor. Meaning, the extra body weight on the joints increase the joint pressure and contributes to cartilage breakdown. While the unhealthy diet choices lead to systemic inflammation causing an increase in nerve irritability and pain. Research has shown that people with systemic inflammation are 2.5 times more likely to experience joint pain from OA when compared to patients with healthy weight and diets. Fortunately, this cycle of pain, inflammation, and joint breakdown can be broken by improving joint mobility, muscle strength and implementing healthy diet choices.

Continued inside

Physical Therapy's Healing Touch!

Continued from outside

HOW CAN MCCABE AND BRADY PHYSICAL THERAPY HELP YOU FIND RELIEF?

Your journey to a pain-free life begins with a comprehensive evaluation. While OA can be debilitating, there are things you can do to alleviate the pain, improve your mobility and overall function. Research has shown that modified activity and a proper diet helps keep your cartilage healthy and reduce the effects of OA.

Our therapists undertake a detailed exploration of your medical history, attentively listening to your past and current health concerns to gain a complete understanding of your unique situation.

Next, we assess how well you move your joints and the strength of your muscles. We'll examine your ability to perform routine tasks and activities such as walking, climbing stairs, or performing work-related tasks. The goal is to get you back to your normal function or even better.

PHYSICAL THERAPY'S HEALING TOUCH!

With this thorough understanding of your condition, your physical therapist will design a program tailored to your specific needs. We utilize a range of scientifically-backed therapies, including manual therapy to alleviate pain and stiffness, therapeutic exercises to strengthen muscles and improve mobility, and patient education to help you understand and manage your condition effectively.

We're here to guide you every step of the way, helping you live life to the fullest. Don't let arthritis pain limit your life. Contact us today to schedule your comprehensive evaluation!



SCHEDULE YOUR APPOINTMENT TODAY

At McCabe And Brady Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.



“

Frank McCabe is wonderful! He puts you at ease from the start. I had such pain for awhile and didn't do anything about it until I could take it no more. He shared his abundance of knowledge and gentle touch. I hope to not need to go back but if the need arises that I need PT again I will go back to McCabe and Brady. He and his staff are all WONDERFUL! Thank you ALL for getting me back to normal! -J.D.

”

We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!

WARMINSTER



IVYLAND



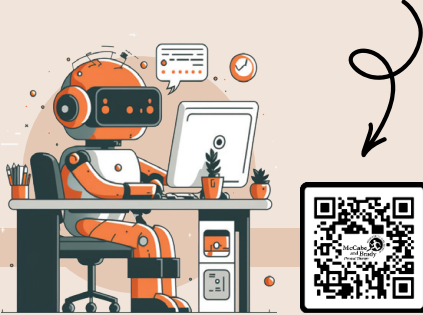
NEW BRITAIN



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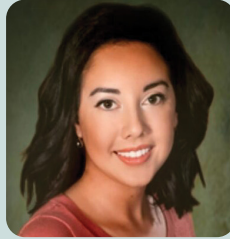
Check Out Our Blog

Your health is an investment, not an expense! Scan the QR code to stay up to date on our health and wellness blog to learn more about how you can improve your quality of life through some quick and easy reads.



Staff Spotlight

Alexandra Prophet
DPT, CERT. MDT



Alex received her Doctor of Physical Therapy degree from Duquesne University. Her undergraduate degrees include Bachelor of Science in Biology and Bachelor of Science in Health Sciences. Her practice focuses on wholesome and patient centered care in the realm of orthopaedic physical therapy. Throughout her clinical experiences, Alex has worked closely with patient populations that have experienced athletic, spinal, extremity, work-related, temporomandibular joint, sacroiliac joint, post-concussive and post-operative health conditions. She has extensive experience using Mechanical Diagnosis and Therapy for evaluation and treatment of the spine and extremities, and has been certified in this method through the McKenzie Institute.

Healthy Grilling For Arthritis Sufferers

MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try...

Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.

Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try...

Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.

Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try...

Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.

Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

Warminster
215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

Or request an appointment online at
mccabebradypt.com

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