

NEWSLETTER

OCTOBER 2023



Kinect

PHYSIOTHERAPY



OCTOBER IS PT MONTH!
SCAN TO LEAVE YOUR
FAVORITE PT A REVIEW



RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PT!

INSIDE:

TYPES OF
ARTHRITIS
FOUND IN THE
HANDS

3 SIMPLE
RUNNING TIPS

PATIENT
SUCCESS

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RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PT!

Have you noticed that it's more difficult to grip and make a fist? Do you have stiff, achy fingers and hands? You are likely experiencing the effects of arthritis.

At Kinect Physiotherapy, our therapists are experts at treating the different types of arthritis that cause your hands to hurt. We can help teach you strategies to manage your arthritis to use your hands with less pain!

You use your hands and fingers hundreds of times throughout the day for both basic and complex tasks. Unfortunately, arthritis limits your ability to move freely and makes it difficult to do daily activities.

If you are living with arthritis, you're not alone. There are over 100 different types of arthritis that people are diagnosed with, and millions deal with limitations from the different types. Arthritis pain is directly correlated to the restriction of mobility in your joints, which in turn influences the health of your muscles, ligaments, and tendons.

Fortunately, our physical therapists are experts in treating arthritis in your hands. We will help restore the movement in your joints and strength in your muscles to alleviate arthritic inflammation and pain.

Contact Kinect Physiotherapy today, and let us help you relieve your pain so you can use your hands to do the things you love!

WHAT TYPES OF ARTHRITIS ARE FOUND IN THE HANDS?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common type of arthritis found in the hands. This type is the result of a gradual breakdown of cartilage in the joints. This breakdown can occur at any age but is most common after an injury or repetitive use of the affected joint(s). Cartilage can no longer protect the joints when worn down, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis (RA) is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and

Continued inside.

INSIDE:

- Types Of Arthritis Found In The Hands
- 3 Simple Running Tips
- Patient Success

SEASONAL RECIPE

5-MINUTE EGG AND HUMMUS FLATBREAD



INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 cup baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 cup cherry tomatoes, halved
- 1/8 cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

DIRECTIONS

Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

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Continued from outside.

inflammation. Most experts believe that your hormones, genes, smoking, and environment could all contribute to the development of RA.

HAND THERAPY FOR ARTHRITIS RELIEF

People have found enormous success in arthritis relief through specialized physical therapy known as hand therapy. Hand therapy focuses on the upper extremity as a whole, including the wrist/hand, forearm, elbow, and shoulder. Hand therapists work toward returning the affected area to its highest level of function.

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

However, one of the most significant roles of a therapist is prescribing targeted mobility and strengthening exercises to help you restore the use of your hands. These will be dependent upon the type and severity of your arthritis. Sometimes splints are needed to help you, especially at night.

Your therapist will also work with you on strategies and modifications that help you function better. Teaching you about your pain and how to manage it can help you get over the hump and regain your independence in day-to-day tasks and improve the quality of your life.

WHAT TO EXPECT AT YOUR HAND THERAPY VISIT

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

By combining findings from your exam, our therapists can determine the underlying pathology and provide appropriate treatment to optimize your outcomes. Your treatments will aim to relieve pain, promote healing, and relearn or modify activities to make daily life easier.

CALL TODAY TO MAKE AN APPOINTMENT

A large part of therapy for your hand is helping you improve your range of motion, strength, and overall function so you can safely and comfortably perform your daily activities once again. At Kinect Physiotherapy, our team will work closely with you to determine which course of treatment will be best for your specific needs. Contact us today to schedule a consultation to learn more about how hand therapy can relieve your upper extremity arthritis.

Sources:

<https://www.sciencedirect.com/science/article/abs/pii/S0894113017302818>

<https://pubmed.ncbi.nlm.nih.gov/32365314/>

<https://academic.oup.com/rheumatology/article/45/5/577/1788575>

3 SIMPLE RUNNING TIPS

Running is one of the most popular forms of exercise, and as the weather warms up, it's a great way to work on your health while enjoying the outdoors. However, it's important not to overdo things, especially if you've been taking a break during winter.

At Kinect Physiotherapy, our physical therapists can help you safely start (or restart) a new running practice. To learn more about injury prevention and conditioning exercises for runners, request an appointment with us today!

THREE THINGS TO REMEMBER WHEN YOU START RUNNING

Start slowly and build up as you go: If you're just starting (or you're restarting after taking a break from running), it's important to start slowly so as to avoid the risk of injury. True beginners should alternate between walking and running until they build strength and stamina.

When progressing your training, focus on "F.D.I." (in that order):

- Frequency — Progress until able to run 3-4 days a week
- Duration — Next, increase how long you are running
- Intensity — Finally, focus on improving your speed

Understand the differences between indoor and outdoor running:

If you've spent winter running on a treadmill, remember that running outdoors offers more challenges, including a greater need to be aware of your surroundings. On the upside, outdoor running provides more fitness benefits than a treadmill.

Make sure you have proper form: One of the best ways to avoid a running injury is to ensure you're using proper biomechanics when you run. Our team of physical therapists can help you perfect your running form with a comprehensive assessment to identify any limitations that may affect your running.



*Schedule Your
Appointment Today!*

VISIT **KINECTPTNC.COM** FOR MORE INFO



STAFF SPOTLIGHT



Taylor Williams *Intake Coordinator*

Taylor is a North Carolinian who joined the Kinect team here this year! In her spare time, she loves to watch YouTube videos, try new restaurants, and most importantly sleep. She's full of laughter and fun.



Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

“Staff is friendly and courteous.”

Great place to go for physical therapy in Knightdale. Staff is friendly and courteous. I really like the one on one attention and the availability of later hours. Thank you Kathi and Addy.

-P. Nestor

COME BACK TO PHYSIO

WHY YOU NEED TO COME
BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

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