

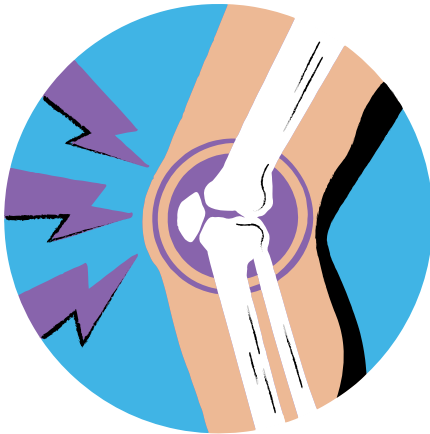


September 2022
Newsletter

TAYLOR
PHYSICAL THERAPY

TREATING ARTHRITIS PAIN

Arthritis has been identified as a serious health crisis in the United States. The CDC estimates that 1 in 4 adults in the U.S. have some form of arthritis, with osteoarthritis being the most prevalent. Pain, decreased functional mobility, and decreased independence due to arthritis contribute to additional health concerns. **Taylor Therapy is equipped to help!** Here's how:



1. Our therapists understand joint function and the effect of arthritis, and they can put it into terms patients can understand. Patients are educated that while we cannot cure their arthritis, we can decrease their pain and improve their mobility.
2. Treatment of arthritis is not a quick fix. The goal of therapy is to decrease joint inflammation by improving joint stability. Initially, increased movement can increase pain. If left on their own, patients typically quit and assume exercise will not help them. Regular intervention with a therapist is critical to make the patients understand that this is to be expected and is temporary. As necessary, early on, therapists can employ modalities such as iontophoresis or phonophoresis to decrease inflammation as activity is being introduced.
3. Therapists can assist patients in obtaining appropriate adaptive equipment or splints, as it is necessary in the case of unavoidable repetitive use or severe joint degradation.



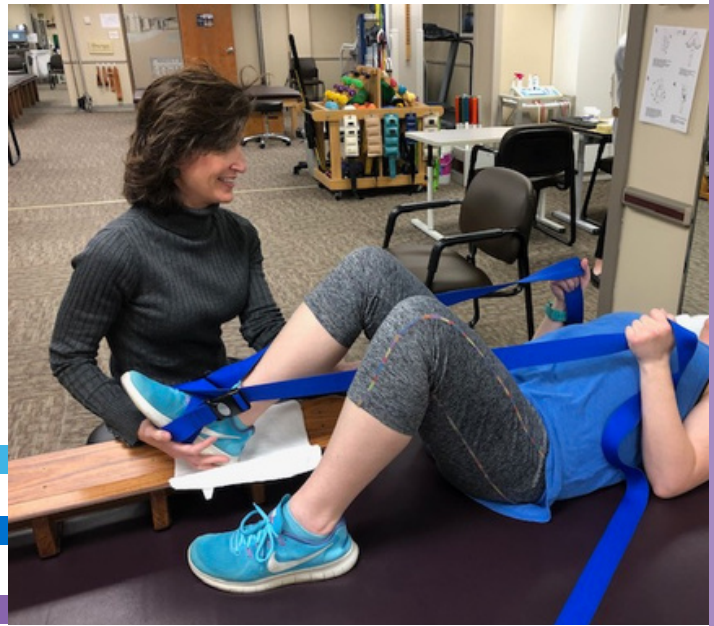
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Taylor Physical Therapy

Waverly (319) 352-5644 • Nashua (641) 435-4476 • Parkersburg (319) 346-9783
Sumner (563) 578-5125 • Denver (319) 406-0185

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4. Our Waverly Health Center location houses an AlterG anti-gravity treadmill. Early in the rehab process, this can be highly useful in helping patients achieve success. Dewatering a patient in the treadmill can allow increased mobility with exercise completion, decreased substitution with ambulation, and decreased overall pain during treatment. Use of this has also proven highly beneficial in patients who intend to undergo surgery who have become highly deconditioned or weakened due to decreased functional mobility. Improving mobility and strength pre-surgically has a positive impact on post-surgical outcomes.

5. At both our Waverly Health Center and Sumner Clinic locations, Taylor Therapy has the ability to treat patients in the aquatic environment. Both facilities house therapeutic pools with handicap accessibility and depths between 3 and 5 feet warmed to 94 degrees. Treatment in the aquatic environment allows for strengthening with decreased joint strain. Upon discharge from therapy, patients have the opportunity to continue to exercise under the supervision of a health care professional in our Post-Therapy Aquatic Therapy Wellness Program.

6. Treatment is tied to function. Our therapy staff takes the time to find out what is important to patients and gears treatment around that. Whether it be a desire to continue gardening, concern over the ability to get on and off of the floor, or out of the bathtub, our therapists will address concerns in their program to obtain patient buy-in, maintain motivation, and ensure the goals of our patients are met.

Please consider allowing our talented and compassionate staff the ability to work hand in hand with your patients struggling with debility due to arthritis. Visit us online at taylorphysicaltherapy.com to determine what clinic location best meets your patients needs or call our main office at Waverly Health Center (319-352-5644) for assistance in scheduling your patients today.