



PHYSICAL THERAPY  
WELLNESS CENTER  
PELVIC HEALTH

Health & Wellness

# NEWSLETTER



## OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP

As we all age, our bodies experience a certain “wear and tear” in our cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the shoulders, fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

### Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to tight joints, poor flexibility, poor nutrition/hydration, or if they experienced a significant injury in their past. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of the likelihood that you experience.

Osteoarthritis is dependent upon the physical and nutritional lifestyle history. Poor joint mobility is perhaps the leading cause of osteoarthritis. The cartilage that lines our joints have a “shelf life” in that the tissues don’t regenerate readily due to poor blood supply. When a joint is compressed, which happens to most joints when we’re weight-bearing, the cartilage lining the joint is compressed or stressed.

Visit Us Online [g3.life](http://g3.life) or Call Today **760.452.2640**



# LIVE FREE FROM OSTEOARTHRITIS PAIN WITH G3!

The key to reducing this stress on the cartilage is to have the stress spread out over a greater surface area. Think of walking on your carpet at home. If you walk over the same stretch of carpet, that material will wear out much sooner than if you vary your route across the carpet so that not one particular area is more worn than the others. The same is true for joint cartilage. A joint that is tight or hypo-mobile isn't able to vary the wear pattern on the cartilage, so that particular stretch of cartilage wears out sooner than if the joint were more mobile and spreading the wear over a greater surface area.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.

## How can physical therapy help Osteoarthritis?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in mobilizing and strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution.

Our physical therapists are trained to help you with joint mobility, stability, improved muscle strength, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you love! If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.

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# FAREWELL, MONICA!



All the best!

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ ENCINITAS LOCATION

★ SOLANA BEACH LOCATION

Visit us at [g3.life](https://g3.life) today!

# 2023 NUTRITION UPDATE



At G3 Physical Therapy, we are always looking for ways to help you get better faster. One area that we often get questions about is nutrition. We believe that your eating, sleep, and stress level can affect how well you heal and recover.

So our 2023 goal is to start educating our community on the power of the 6 Nutritional Foundations for Soft Tissue Recovery & Healing. We aim to simplify nutrition and share easy tips.

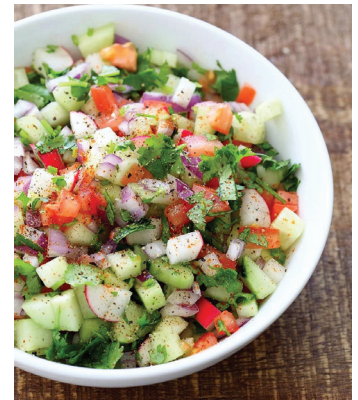
Our first tip is to get some zzzz's. Try to go to bed by 9 pm or 10 pm. Your body regenerates your cells to rebuild and strengthen your immune system the most effective between the hours of 10 am-2 pm, according to a study from the VA hospital at UCSD.

The goal would be to get 8 hours of sleep or be able to wake up feeling rested without an alarm clock.

## HEALTHY RECIPE

### KACHUMBER SALAD

- 1 small onion finely chopped
- 2 medium tomatoes diced
- 1 large cucumber diced
- 4-5 (4 to 5) red radishes diced (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder



- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Source: <https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>



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