



## TIP OF THE MONTH

### The Differences Between Rheumatoid Arthritis and Osteoarthritis

With over 100 forms of arthritis, there is understandable confusion about the different forms of arthritis and the treatment options for each. Osteoarthritis is

the most prevalent, while rheumatoid arthritis is the most disabling. Those with arthritis do not have to live in pain, as there are treatment options beyond medication and surgery available.

#### OSTEOARTHRITIS (OA)

Osteoarthritis affects nearly 21 million people in the U.S. It occurs frequently in males before the age of 45, and in women after the age of 55. 70% of people over the age of 70 have x-ray evidence of Osteoarthritis. OA is caused by the breaking down of joint cartilage and usually begins in a single joint. Symptoms of OA include:

- Pain in the joint after activity
- Morning stiffness that lasts less than 30 minutes
- Pain is worse later in the day
- Affected joints may swell, feel warm and become stiff after prolonged inactivity
- Characteristics include bone spurs, bony enlargements and decreased motion

#### RHEUMATOID ARTHRITIS (RA)

Rheumatoid Arthritis affects nearly 2.1 million people in the US. It typically onsets between the ages of 30-60. The joints are primarily affected, but it can spread to integral organs as well. No single causes of RA have been discovered. Symptoms of RA include:

- Joint pain
- Joint swelling
- Stiffness
- Limited motion
- Redness / warmth near the joint
- Morning stiffness lasts over 1 hour

**Benefits of physical & occupational therapy treatments may include:**

- Reduction of pain, deformity, disability, and instability
- Increased range of motion and function
- Increased strength and endurance

**Therapists may use different approaches to the problems caused by arthritis, including:**

- Fabricating or providing new equipment and teaching techniques to make activities of daily living easier and less painful
- Fabrication of custom orthoses to stabilize and/or support joints
- Development of a customized home exercise program
- Stretches to keep joints more loose and flexible
- Exercises to increase muscle function for endurance and strength
- Modalities such as paraffin and moist heat to decrease pain
- Instruction in joint protection, energy conservation and work simplification to protect and reduce external stresses on joints

For more information on how physical activity can provide pain relief for arthritis, [click here](#).

**Call today to ask us how we can help you get back to enjoying the activities that are important to you!**



***“My mother had a great deal of trouble with me, but I think she enjoyed it.”***

— Mark Twain

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

## A RECIPE FOR YOU

### Chicken and Salsa (crock pot recipe)

This recipe can easily fit into your busy schedule. Just turn the crock pot on and go! This recipe comes to us from our friend Nancy in Indiana.



#### Ingredients:

- |  |  |                             |
|--|--|-----------------------------|
| • 4 chicken breasts                    | • 1 can green beans drained  | • Shredded cheddar cheese   |
| • 1 container 16 oz fresh salsa (best) | • Dash(s) cumin (optional)   | • Sour cream (optional)     |
| Or 1 jar salsa                         | • Dash(s) or fresh cilantro to taste. *If using fresh salsa usually don't need | • Tortilla chips (optional) |
| • 1 can black beans drained            |  |                             |

#### Directions:

1. Place all ingredients in crock pot and cook on low for 6 hours
2. Shred the chicken breast and mix back into the pot
3. Serve topped with shredded cheddar, sour cream & crushed tortilla chips



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We've put together a few tip to consider while staying active and for staying hydrated through the summer...[more](#)