



What do we know about arthritis?

If you have stiff painful joints, you might be suffering from arthritis. The most common type of arthritis is Osteoarthritis which affects more than 21 million Americans. This degenerative joint disease is common in people over 65. Any joint can be affected, but knees, hips and fingers are the most common. About 2.1 million Americans are affected with Rheumatoid Arthritis. This autoimmune disease causes deformity and instability in the smaller joints of the hand, wrist, feet and shoulder. Both types of arthritis are more common in women.

What treatments work?

Until recently, arthritis was thought to be an inevitable consequence of aging or genetics. But medical research has recently discovered new ways to treat arthritic joints. In fact, the Arthritis Foundation, the American Pain Society, and the American Geriatric Society recommend several treatments that are offered in our program.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ Early morning joint stiffness
- ▶ Knee or hip pain when walking or climbing stairs
- ▶ Pain, stiffness, or swelling in the hand or wrist joints
- ▶ Side effects from pain medications
- ▶ Difficulty with hand movement during eating, grooming, or dressing
- ▶ Joints that feel or look swollen

Enroll in our program today. By working together, we may be able to help reduce the pain and stiffness in your joints.

What can you expect in our program?

Your personal health care team will work with you to find the best treatment program to meet your needs, taking into account the type and severity of your arthritis, along with other medical conditions you may have.

Ultrasound and Electromagnetic Energy to reduce joint pain, stiffness and swelling

High frequency sound waves and electromagnetic energy can help bring comfort to painful joints and muscles.

Exercises and Electrical Stimulation for increasing motion and stability of joints

Slow, gentle stretches and simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve joint movement and stability to help protect joints during everyday activities.

Painful Arthritis