



# HEALTH & WELLNESS NEWSLETTER



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## RELIEVE YOUR ARTHRITIS PAIN

*NATURALLY WITH PHYSICAL THERAPY*



Call **(920) 477-0697** or visit **Excelinpt.com**



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**Are you experiencing pain in your groin, knees or stiffness in your back? Do you find it painful to go up and down stairs? Are these symptoms making it difficult for you to go about your daily routine?**

#### **YOU COULD BE SUFFERING FROM OSTEOARTHRITIS.**

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. OA is a degenerative joint disease often described as “wear and tear” arthritis. Repetitive movement and prior injuries also contribute to the condition.

Early on, the condition most commonly is associated with stiffness and ache after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there’s a lot that you can do to alleviate the pain and improve your function, joint movement, muscle strength, balance, and coordination. It’s even possible to

eliminate symptoms, depending on the amount of arthritis you have. Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

#### **WHAT IS ARTHRITIS, EXACTLY?**

Osteoarthritis is also known as degenerative joint disease. The main characteristic is the loss of articular cartilage and joint disability. It is known as the “wear and tear” form of arthritis. The breakdown of the cartilage affects the whole joint, causing inflammation, bone/joint structural changes, and bone spur formation.

Primary osteoarthritis has no known cause, but almost 30–65% is thought to be genetically determined. Secondary osteoarthritis mainly comes from traumatic events. Despite the differences in the causes, the two types of osteoarthritis progress in similar directions, ultimately resulting in the loss and destruction of articular cartilage.

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Call (920) 477-0697 or visit our website at [Excelinpt.com](https://www.excelinpt.com) to schedule your consultation today!

# HOW PHYSICAL THERAPY CAN HELP ARTHRITIS



Typical symptoms include pain, muscle weakness, joint instability, brief morning stiffness, crepitus (i.e., noises like snaps and pops), and physical inactivity.

## WHAT CAUSES OSTEOARTHRITIS?

There is increasing evidence that different risk factors are associated with osteoarthritis, including:

- Obesity
- Genetic predispositions
- Sociodemographic characteristics (e.g., female gender, African-American race),
- Specific bone/joint shapes

There are also physical risk factors associated with increased osteoarthritis including:

- Joint injury
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e. contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis
- Joint malalignment

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a major contributor to developing osteoarthritis. Obese patients have extra weight on their bodies that add to cartilage breakdown.

Recent research suggests that unhealthy diets are associated with systemic inflammation. This inflammation is responsible for a

2.5-times higher likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

However, this cycle can be broken by improving joint movement, muscle strength, balance, and coordination, which reduces pain and inflammation.

## HOW PHYSICAL THERAPY CAN HELP ARTHRITIS

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of arthritis, physical therapy plays a significant role in treating arthritis symptoms and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

Physical therapists can also help you choose healthier lifestyles for losing weight if you are overweight or obese. In addition, your PT can guide you on ways to maintain a healthy weight using diet changes and exercise.

In many cases, physical therapy can help patients by choosing specific exercises and designing appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

## CALL OUR CLINIC TODAY

Contact Excel Physical Therapy today, and tell us about your symptoms. We offer the results you are looking for!

Sources: <https://pubmed.ncbi.nlm.nih.gov/32364594/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.hopkinsarthritis.org/arthritis-research/>; <https://www.frontiersin.org/articles/10.3389/fimmu.2021.631291/full>; <https://www.sciencedirect.com/science/article/pii/S106345841931297X>; <https://pubmed.ncbi.nlm.nih.gov/25785564/>; [https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology\\_of\\_osteoarthritis\\_\\_literature\\_update.5.aspx](https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx)

## HEALTHY RECIPE

- 12–16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1–2 tablespoons olive oil
- 2 garlic cloves, finely minced or use a garlic press
- Salt and pepper to taste

Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender yet still vibrant green, about 15-25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Add any of the optional garnishes.

<https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target>



## SIMPLE ROASTED ASPARAGUS

- 1 tablespoon lemon zest
- a squeeze of lemon juice
- Optional Garnishes: grated parmesan, toasted slivered almonds or pinenuts, basil, flat-leaf parsley, chili flakes

## Staff Spotlight

PHYSICAL THERAPIST

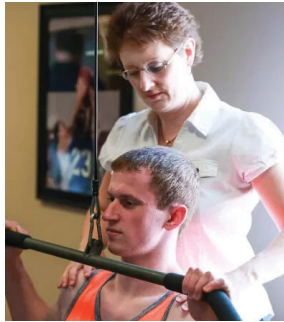
# TERESA VAN AACKEN, DPT

Teresa Van Aacken, PT, is a Senior Clinician at Excel Physical Therapy. A 1991 graduate of the Marquette University Program in Physical Therapy, she dedicated the first six years of her professional career providing physical therapy services to active duty members and their dependents as an officer in the United States Navy. During this time she specialized in the treatment of orthopedic and sports-related injuries.

Within the past decade, Teresa has aggressively pursued the advancement of her professional and clinical education in order to better serve her patients. Dr. Van Aacken is married with three children and enjoys running, playing piano, walking her dog and watching the Green Bay Packers.

**“Really listening to my patients, followed by a thorough hands-on evaluation is the key to determining the source of the pain, not just chasing the symptoms.”**

– Teresa Van Aacken, DPT



EXCEL'S PATIENTS ARE SEEING RESULTS



## SUCCESS STORY



**“Everyone is always very friendly. I saw Dr. Teresa Van Aacken for vertigo. She asked me several questions including if I had any pressure in my ears. She determined that I had Aural Fullness due to tight muscles in my neck and jaw. She worked on several muscle groups, and for the first time in years I don't have pressure in my ears. If I have vertigo symptoms I know what to do to eliminate them.”**

– Jo S.

## HELP US HELP MORE PEOPLE IN OUR COMMUNITY

by leaving us a Google Review!



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SCAN ME



## FREE CONSULTATION

Has your pain returned?  
Are you suffering from a new pain?

### Come back to PT!

Call to schedule your **FREE CONSULTATION** today and start your journey to a healthier, happier, pain-free you.

**(920) 477-0697**  
**Excelnpt.com**