

How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to arthritis, arthritis (i.e. abnormal joint alignment, poor posture, poor movement patterns, limitations of flexibility, strength, balance and coordination)
- After a detailed **assessment**, a **treatment plan** would be designed to meet the needs and goals of the client. This may include:

Education on the condition, prevention or minimizing the risk of further injury, joint protection and energy conservation techniques

Exercises specific to help eliminate or decrease contributing factor, appropriate for the amount of tissue damage, monitored and progressed as able

Manual therapy to mobilize the joint and surrounding soft tissue

Modalities heat, ice and machines to reduce pain/swelling

Hydrotherapy exercise in a pool, where joint strain is minimized

For more information or, should you require physiotherapy treatment, please contact

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PHYSIOTHERAPY. IT'LL MOVE YOU

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Arthritis



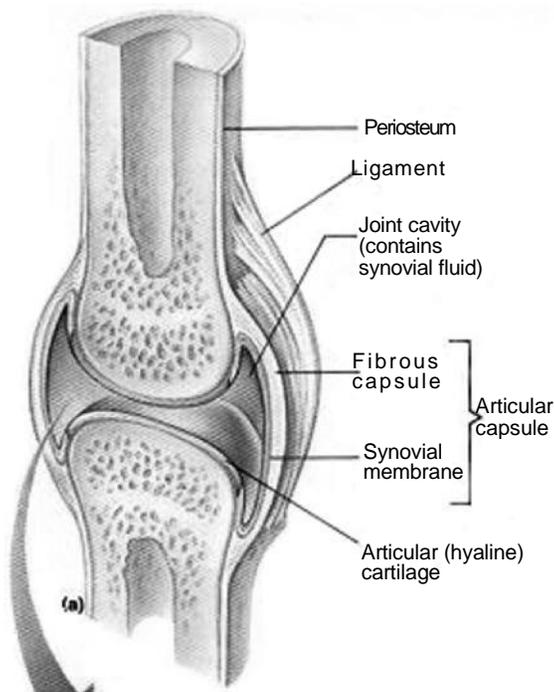
What You Should Know Osteoarthritis & Rheumatoid Arthritis

Look inside to see how Physiotherapy can help you to..

- Manage your condition
- Improve your quality of life

Anatomy of a Normal Joint

- Each synovial joint contains a fluid filled cavity, is enclosed by a capsule and is reinforced by ligaments and tendons. The bone ends of a joint are covered by cartilage.
- The entire joint surface needs a balance of regular, compression and relaxation for good joint health. In order to achieve this, joints need to have normal flexibility, strength, stability and alignment so that the compression and relaxation is even throughout the entire joint surface.



Osteoarthritis

- It is a chronic (long term) degenerative, “wear and tear” condition; related to the aging process.
- Affects the joint cartilage causing it to soften, fray, crack and erode. Most commonly affected joints are knuckles, hips, knees and also the spine.
- Often associated with excessive strain on the joint, poor posture, poorly aligned or overworked joints, trauma or injury to the joint and obesity.
- The course is slow and the joint damage irreversible. Severe cases may require surgery (i.e. hip and knee).

Rheumatoid Arthritis

- It is a chronic, inflammatory autoimmune disease, where the body’s immune system attacks its own tissues.
- In addition to joints, this systemic disease can also affect the heart, blood vessels and lungs, among other systems.
- This disease is variable, marked by flare ups and remissions

What can you do for the long term

- Be proactive not reactive. Take care of your joints and body now, don’t wait for signs and symptoms to start.
- Minimize, avoid or change activities that place increased strain or load on your joints.
- Daily, regular exercises, focusing on flexibility, strength, cardiovascular, balance and coordination. Select an activity you enjoy (i.e. swimming, aquacize, walking, cycling) so that you’ll stick to it.
- Balance your day with activity and rest. Listen to your body.

Physiotherapy can help provide a drug free approach to treat swelling and pain, or at least minimize involvement of drugs. This will help prevent complications with other body systems, especially the digestive system