



# Next Step Newsletter

Next Step  
Physical Therapy  
(516) 681- 8070

June, 2008

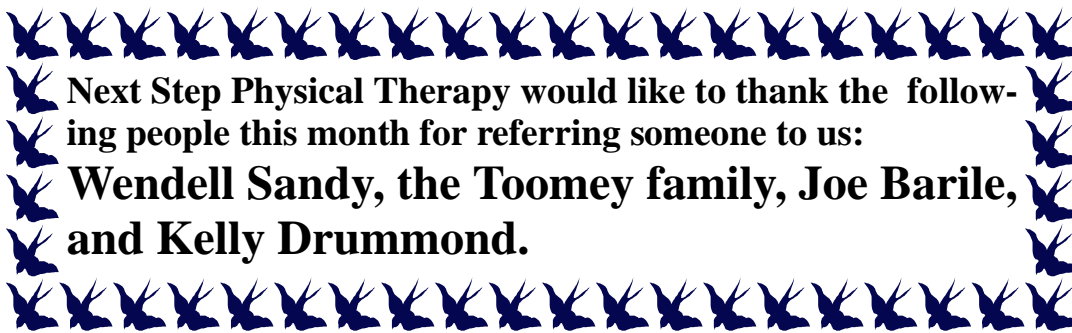
*Giving you information and answers to any physical therapy, health or fitness related questions*

## Don't let arthritis slow you down!

I can't tell you how many people we see at Next Step Physical Therapy that have arthritis. Arthritis is the degeneration of a joint. What this means is that the smooth surfaces where the two bones meet, to form a joint, start to degrade. The cartilage that lines both surfaces of the bones can thin, wear down, or erode. The bones themselves can form spurs or outgrowths extending into the joint. These processes disrupt the joint's ability to move because the two contact surfaces of the bones are no longer smooth and uniform. Think of roller skating along a newly paved road. The surface allows the skates to glide smoothly without interruption. Your bones also glide on one another as the joint moves. Now imagine skating over an old road that is riddled with cracks and potholes. Not very good for gliding your rollerblades over—and neither is it for your bones as you try to bend the joint. Arthritis often causes a decrease in joint range of motion due to the disrupted contact surfaces of the bones (degeneration).

Unfortunately, this limitation of range of motion, coupled with pain in the joint, often can begin to limit an individual's activity level. When something hurts we don't move it for a while. If we don't get back to moving that joint, then we will lose even more range of motion, which will further limit our activity level. This can quickly become a vicious cycle of increasing loss of joint function and activity level. So what can we do to stop this?

Fortunately, physical therapy can help stop this downward spiral. Moderate amounts of exercise can help regain lost range of motion, allowing you to do more. In addition, decreasing your activity level due to the arthritis usually also de-conditions and weakens the leg muscles. Physical therapy can help restore those muscles. Certain manual therapy techniques performed by a physical therapist can also improve the joints ability to glide between themselves and loosen up that complaint of stiffness that is often associated with arthritis. Do you have arthritis? Do you feel it is limiting you? Get the treatment that you need to improve your lifestyle and functional ability.



**Next Step Physical Therapy would like to thank the following people this month for referring someone to us:**

**Wendell Sandy, the Toomey family, Joe Barile, and Kelly Drummond.**

### Construction coming in the near future!

Next Step Physical Therapy is excited to announce that in July (fingers crossed) we will begin construction to expand the office (again!). The new construction will almost double the size of our gym area and allow us to place a few more important pieces of equipment into the gym. Ultimately, the construction should be done before the summer ends and will only improve your experience with us. Come check the new construction out! We could always use a few more people who know how to use a hammer and saw :)

### Updates

**Welcome to the Next Step Newsletter!**

**Win a pair of movie tickets!!**

**The first 2 people to call us with the answer to this question wins a pair of movie tickets.**

**What can happen to the cartilage of a joint that has arthritis???**

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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