



RELIEVING LOW BACK, HIP, AND KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip, or knee pain, you might have arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year.

(Read more inside...)

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ARTHRITIS PAIN**

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As we age, the cartilage in our joints wears down, causing painful bone-on-bone rubbing, inflammation, stiffness, and pain.

While there is no cure for arthritis yet, it is possible to alleviate arthritic symptoms by improving your joint movement, muscle strength, balance, and coordination. In some cases, it's even possible to eliminate symptoms entirely. To learn more about how our in-home treatments at Achieva Rehab can improve your arthritis symptoms, contact us today to schedule a consultation.

What Exactly Is Arthritis?

Before arthritic pains can be relieved, it is important to first understand where they come from. Arthritis—or a painful stiffness and inflammation of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races, and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or gradual wear and tear.

What Causes Lower Back, Hip, And Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease.
- An immune system dysfunction, such as rheumatoid arthritis.
- An abnormal metabolism, which leads to gout.

For arthritis sufferers, even simply walking can cause pain in the lower back, hip, or knee. Arthritis is often a downward spiral of progressive pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, thus reducing pain and inflammation. At Achieva Rehab, our in-home services also allow you to combat your arthritic symptoms from the comfort of your own home, without having to venture out to an outpatient clinic.

Contact our team of movement specialists at Achieva Rehab today to get started! **RIGHT IN THE COMFORT OF YOUR OWN HOME!**

Sources: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php> <https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php> <https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain> <https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

ARTHRITIS AND PHYSICAL THERAPY

Whatever type of arthritis you may be suffering from, physical therapy can play an important role. It can also help you avoid the need for harmful pain-management drugs or invasive surgical correction.

It is common that the muscles used to support the knees, hips, and lower back may become weakened from inactivity, due to the pains of arthritis. At Achieva Rehab, we'll prescribe targeted, easy-to-do exercises that we will walk you through at home, in order to help your muscles regain their strength. This will help provide greater support to the joints and reduce inflammation.

The exercises we prescribe will also help improve your balance and coordination, thus relieving any abnormal strain on the joint(s) and decreasing your risk of sustaining

a fall-related injury. Furthermore, these exercises can be continued from the comfort of your own home, even after your in-home sessions with one of our licensed physical therapists have ended.

If you or a loved one has been suffering from arthritis, you are not alone. The first step toward finding relief is to contact Achieva Rehab today, to speak with a member of our team about our in-home treatment options. We can help you improve your mobility, comfort, and quality of life. Confirm your appointment today and get started on our comfortable, effective, and convenient in-home treatment plans.

www.achievahab.com

EXERCISE ESSENTIALS

STRAIGHT LEG RAISE

While on your back as shown below, keep your knee straight and lift your leg up while leaving the other foot flat on the surface with knee bent. Hold for 3 seconds and repeat 10 times.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

TRY THIS EXERCISE FOR KNEE PAIN RELIEF





OUR SERVICES

- In-Home Therapy
- Neurological Rehab
- Movement Therapy
- Orthopedic Rehab
- Joint Rehab
- Arthritis
- Tendonitis
- AND MORE!

PATIENT SUCCESS SPOTLIGHT

"I look forward to recommending Achieva Rehab to my family, friends, and anyone else who may need help."

"Everything that you did to help me was amazing! I look forward to recommending Achieva Rehab to my family, friends, and anyone else who may need help. The in-home therapy was great! Thank you!" - Achieva Rehab Patient

IN-HOME THERAPY

Health care is moving away from institutions to care in the patient environment. Achieva Rehab is well positioned to help clients immediately as we take advantage of research that shows and recommends that therapy early on in the continuum of care maximizes outcomes.

FUN & GAMES

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

ABOUT US

With Achieva Rehab, patients are able to perform **60 MINUTES OF** therapy in a stress-free environment with one-on-one attention, making sessions more focused and intensive. You simply don't get that in a therapy clinic.

ONE PATIENT, ONE THERAPIST, ONE FOCUS.

Get Moving Today with Achieva Rehabilitation!

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