Anatomy Physiotherapy Clinic

NEWSLETTER



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Relieving Arthritic Pains In Your Upper Extremities

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with.

Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physical therapy. Contact Anatomy Physiotherapy Clinic today.

St. Laurent Blvd. — 613-680-4477
Orleans Blvd. — 613-424-4488
Stittsville — 613-836-5844

Physiotherapy, and Hand Therapy Treatment

People have found enormous success in upper extremity arthritis relief through physiotherapy treatments.

Before you can understand why physiotherapy is important for arthritis pain relief, you must first understand the role of physiotherapy in treatment. Physiotherapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. The purpose is to help ease your pain, and improve your function, movement and overall quality of life.

Hand pain can be treated by our physiotherapists at Anatomy Physiotherapy Clinic. This can include pain stemming from your wrist, forearm, elbow, upper arm, and shoulder. Our physiotherapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

To learn more about how our physiotherapy services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule an assessment.

ARTHRITIS TREATMENT

FOR YOUR UPPER EXTREMITIES



Our physiotherapists typically use manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement — sometimes after just one session!

In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

In many cases, physical therapy treatments can even help you avoid the need for surgery, medications, and injections. Our treatments are tailored to your specific needs to help you recover quickly and have a more permanent outcome. We also teach you ways to prevent future joint injury, and what you can do on your own with the correct therapeutic exercises.

Contact Anatomy Physiotherapy Clinic today to learn how our physiotherapy services can benefit you and to schedule an assessment.

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.

At Anatomy Physiotherapy Clinic, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physiotherapy can relieve your upper extremity arthritis, contact us today to schedule an assessment. Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!



Treatment Spotlight - *Ultrasound*

Ultrasound is a specialized method of physiotherapy and massage therapy that uses mechanical energy to promote the healing process. It can be used as a way to manage or relieve pain, treat injuries, and improve your ability to perform daily activities. If you are suffering from pain or a recent injury, ultrasound treatments may benefit you.

The technology behind ultrasound treatments involves the use of sound waves. These sound waves are used to treat conditions affecting the muscles, ligaments, and bones by creating vibrations that generate heat. When the tissues vibrate, friction is produced at the molecular level, which causes the temperature of the tissues to increase. While heating packs can be effective in warming up an affected area, they are unable to reach the tissues in the same way that ultrasound technology can.

Ultrasound treatments help to relieve pain, increase blood flow, reduce swelling and inflammation, and promote tissue healing. By doing so, it is able to successfully treat and reduce the painful symptoms of multiple conditions.

CALL ANATOMY PHYSIOTHERAPY TODAY TO FIND OUT HOW ULTRASOUND COULD HELP YOU!

ST. LAURENT 613-680-4477 | **ORLEANS** 613-424-4488 | **STITTSVILLE** 613-836-5844

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED

GOLF TOURNAMENT TO SUPPORT BRAIN INJURY ASSOCIATION OF THE OTTAWA VALLEY (BIAOV)



Anatomy Physiotherapy Clinic attended the Golf Tournament organized by Fleming Fitness in support of the Brain Injury Association of the Ottawa Valley (BIAOV). During this event, held at Loch March Golf & Country Club, Kanata, a total of $15,000 was raised.

Exercise Essentials

WRIST EXTENSION STRETCH - PRAYER

Stand with good posture. Place your palms together in front of your chest right below your chin. Slowly lower your hands keeping your palms together as shown until you feel a mild to moderate stretch under your forearms. Hold for at least 15 to 30 seconds.



SCHEDULE YOUR APPOINTMENT TODAY!

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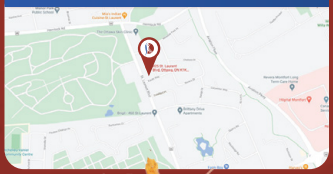
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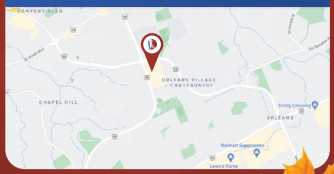
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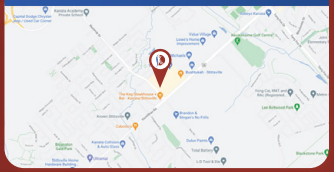
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NEW LOCATION!

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Call us to schedule an appointment today!

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