Anatomy Physiotherapy Clinic

NEWSLETTER



ARTHRITIC PAIN?

PHYSIOTHERAPY CAN HELP RELIEVE YOUR PAIN!

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

At Anatomy Physiotherapy, you can find solutions to your pain and get back to living the life you enjoy!

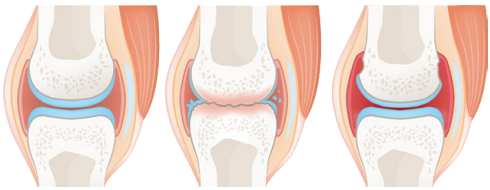
Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition 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. If you are looking to manage your arthritic pains to live more comfortably, the therapists at Anatomy Physiotherapy can help!

What Is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Continued on next page



HEALTHY JOINT | OSTEOARTHRITIS | RHEUMATOID

See Inside

- *Exercise Essentials*
- *Staff Spotlight*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

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ARTHRITIC PAIN?

Continued from previous page.

Osteoarthritis is the most common and happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

What You Can Do To Help Your Arthritis Pain

Regardless of the cause of arthritis, physiotherapy plays a significant role in treating its symptoms. Physiotherapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physiotherapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physiotherapy will help you prepare and recover from your procedure.

In addition to traditional physiotherapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:

Getting exercise. Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.

Taking supplements. Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine combined with chondroitin, omega-3 fatty acids, SAM-e, and curcumin are all supplements that can help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

Avoiding processed and sugary foods. Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

How Can Physiotherapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Anatomy Physiotherapy, we will start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

If you or a loved one is suffering from arthritis, contact Anatomy Physiotherapy today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!



HEALTHY RECIPE: Chocolate Hazelnut Biscotti

Ingredients

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread (Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

Directions Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.



STAFF SPOTLIGHT

Tahmid Ahmed

Physiotherapy Resident

Tahmid graduated from Queen's University with a M.Sc. Physiotherapy in 2022. Previously, he has earned two undergraduate degrees in Honours B.Sc. Biomedical Sciences and Kinesiology from the University of Ottawa. Tahmid plans to pursue a PhD in Rehabilitation Sciences at the University of Ottawa to further his understanding of evidence-based practice in Physiotherapy.

Tahmid takes great pride in identifying what is most important to each person entering his care, and further, collaborating with them to advocate for their best health status and quality of life. To him, such individualized, patient-centred care is a vital part of successful physiotherapy care.

Tahmid simply loves growing therapeutic and healing relationships with his patients! By engaging them with empathy, honesty, and an unwavering devotion to serving their best interest, his drive to continually educate and inform his practice is something akin to a bottomless well!

In his spare time, he tries to practice what he preaches: that movement and exercise is an essential part of holistic wellness and sound health. As a daily practitioner of mindfulness meditation for over 7 years, he enjoys integrating mindfulness practices with his physical training, including running marathons, weight lifting, hiking in nature, tai chi, and dance! His love for movement and physical activity has led him to a discovery of wellness and joy, that he is ever ready to share with his patients!

PATIENT SUCCESS SPOTLIGHT

"She fixed my symptoms and got me back on my bike in 4 weeks"

"Yara Harb is the best! She fixed my symptoms and got me back on my bike in 4 weeks. I am so glad I was referred to Yara by a friend." **-K.P.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

At Anatomy Physiotherapy you can find solutions to your pain and get back to living the life you enjoy!

Click Here To Schedule An Evaluation

Exercise Essentials

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.



Try this exercise to help relieve leg and hip pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

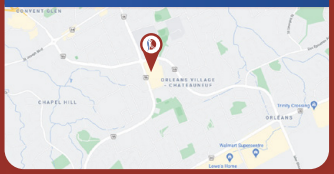
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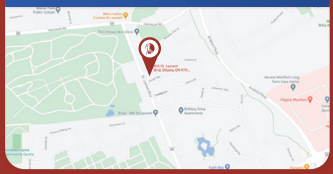
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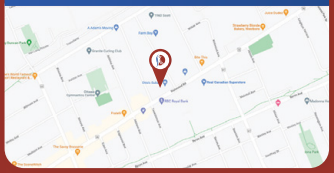
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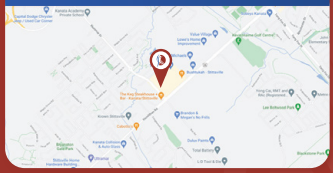
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Call us to schedule an appointment today!

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