



Do You Want To Beat Arthritis Pain? Don't Let The Outdoor Activities in the Fall Slow You Down

Its that time of year when you get outside and the weather changes slightly. Don't let that sunshine fool you the cooler fall air may cause trouble for your arthritis pain. Why do your joints ache in cool weather? Your joints are filled with fluid and so are your muscles, ligaments and tendons. When the air temperature is cooler, tissues tend to become tighter, drier and stiffer. This is especially true for extremities more exposed to the elements and away from the core of the body. Hands, shoulders, knees, hips and ankles are most susceptible.

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 are

affected by arthritis inflammation and pain.

How to Naturally Relieve Arthritis Pain

The best way to relieve arthritis pain is to stop inflammation from happening in the first place. Focus your efforts on protecting your joints with proper posture, gripping and lifting techniques. Don't do an activity all at once, for example spring cleaning without taking breaks.

Diet can play a major role in how you feel with arthritis. What you eat makes a big difference in how much inflammation is produced in your body. In addition, regular aerobic and strengthening exercises help you feel your best by keeping your joints lubricated, stretched and strengthened.



INSTANTLY

Relieve Arthritis Pain In Your Hands

There is a little trick that most people, even doctors, don't know about that instantly relieves arthritis pain in your hands. This technique assists the natural flow of lymphatic fluid out of your hands and arms. Try it right now for instant pressure and ache relief in your fingers and wrists.

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 the 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, not rubbing your hand on the skin. 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.



Patient Spotlight

I can now live a normal life!

Success Story: -Brandon N.

"After labrum repair I was in tense pain and could not lift my arm at all. Through detailed and attentive treatment, the therapists at iMotion guided me to a full recovery. I can now live my normal active lifestyle and have n problems exercising or playing sports. Thank you iMotion."



FEEL BETTER CALL TODAY!
Fremont: 510-745-7700
Los Gatos: 408-637-4777



Warrior Pose

How To Protect Your Knees

Your knees require good alignment, strength, stability and coordination in order to operate at their peak performance. With arthritis, any number of these components can be affected, causing inflammation and pain. Yoga poses are a good way to build flexibility, strength and coordination.

Warrior Pose:

Try this simple exercise to build your knee strength and stability. Make sure that you focus on proper alignment of your thigh, knee and leg while you perform this exercise. Hold for 30 seconds and repeat 5-10 times on each side for best results.

Has Your Pain Returned?



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call Today 510-745-7700



Give The Gift of Health

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle


iMotion
PHYSICAL THERAPY

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Pratik Shah, PT



Sweety Shah, PT

Why Choose iMotion PT?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

www.imotionpt.com