

“Take Care Of Your Arthritis Pain From Home!” 5 WAYS TO NATURALLY RELIEVE ARTHRITIS PAIN

1. Exercise

This is essential for people suffering from arthritis. It is vital to strengthen muscles, increase flexibility and improve blood flow. Cartilage actually receives its nutrition from joint fluid, so the more you can exercise the better. It is also important to mix between weight bearing and non-weight bearing exercises, such as aquatic exercises or bicycling. A balance between aerobic and strengthening exercises is highly recommended. It is highly recommended that you see a physical therapist first before starting an arthritis exercise regime. Our physical therapists are medical specialists in prescribing the right exercises for individuals with arthritis and can teach you how to protect your joints.

2. Vitamins

According to the Arthritis Foundation, there are a mix of studies showing some benefits to using glucosamine and chondroitin. Glucosamine is naturally made in the body and helps support the cartilage by retaining water and preventing wear. Additional supplements may help. Some studies show that glucosamine may slow down joint damage.

*Read more tips
on how to relieve
arthritis pain inside!*



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5 WAYS TO NATURALLY RELIEV

3. Avoid inflammatory foods

There are foods that increase the body's natural inflammation response. Arthritis is a condition of joints that become inflamed. Therefore, by avoiding foods with high fat, fried foods, sodas, high sugar content and processed foods, you help to naturally relieve the inflammation in your body. This helps a number of other systems in your body too.

4. Calcium and Magnesium

Many people are deficient in calcium and magnesium. These are vital minerals needed for hundreds of processes in your body. Having enough calcium and magnesium, builds strong bones and reduces irritated nerve endings, decreasing pain. If possible, find supplements that are in powder form that can be easily digested and help your body's intake of these essential minerals.

5. Sleep

Sleep is a time for our body and brain to repair itself. It is important to make sure you are getting enough sleep 7-8 hours at least to allow your body to repair and decrease pain. When you are tired, your body does not function as well, increasing the inflammatory response and reducing your pain threshold.

Physical therapy is one of the best ways to improve your arthritis pain. We help you by reducing pain and inflammation in your joints, then increase your strength and flexibility so your joints are healthier. Call us today for more information on our Arthritis Program and discover how you can live life pain free!

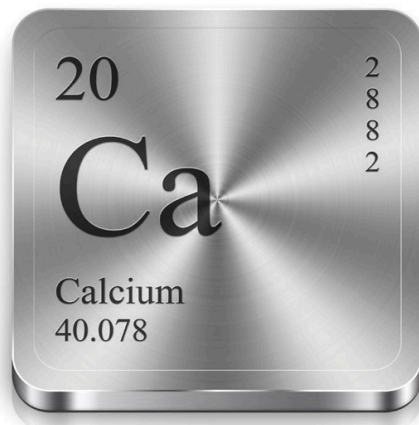
HAVE YOU MET YOUR DEDUCTIBLE?

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches & pains? Need to work on your core? Let us help you get a head start for 2018. Contact us today to schedule your appointment.

Arthritis Pain Independently?"

THE ARTHRITIS PAIN (CONTINUED)



Patient Spotlight

Best physical therapists I ever had!

Success Story: - David B.

"I have been to a lot of physical therapy centers during all 4 of my back surgeries. Kashmira and Ray have to be the best physical therapists I ever had. The whole staff is kind and friendly. I would recommend highly to my family and friends."

CALL FOR AN APPOINTMENT TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777



www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Exercise Essentials

Try this simple exercise to keep you moving...

The exercise below is designed to be performed under the instruction of a licensed physical therapist.

HELPS WITH LOW BACK PAIN

QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 30 seconds and repeat 5 times.

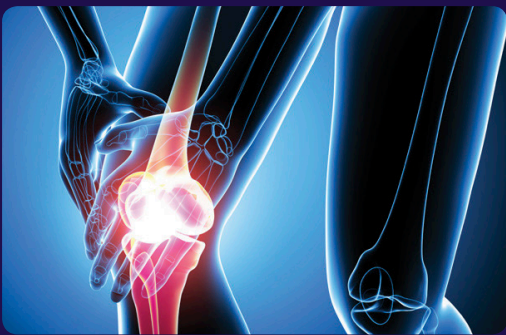
Exercises copyright of



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Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

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


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PHYSICAL THERAPY

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Sweetie Shah, PT

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