

Impact of Physical Therapy on Patients Suffering with Arthritis

**Satellite Conference and Live Webcast
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Faculty

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Common Myth:



“If I do not move the pain will go away”

Warning Signs of Arthritis

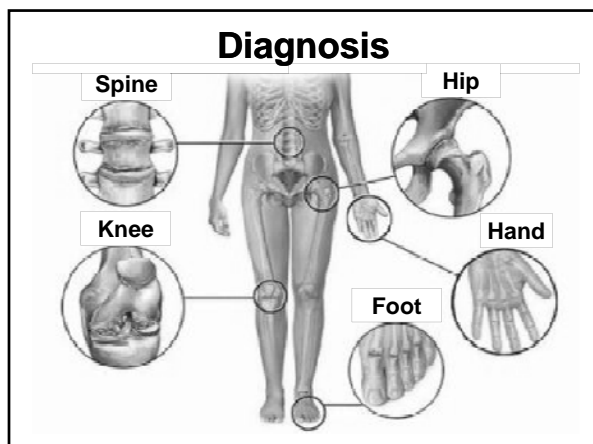
- **Pain**
 - Walking, sleeping, and simple daily tasks
- **Fatigue**
 - Deconditioned
- **Inflammation**
 - Swelling at affected joint

Warning Signs of Arthritis

- **Depression**
 - Change in lifestyle and need for assistance

Diagnosis

- **History**
- **Physical examination**
- **Radiography/MRI**
- **Laboratory tests**
 - Serum or synovial biomarkers
- **Joint deformity/nodules**



Shared Complaints by Patients...

- “It hurts all over”
- “It has gotten worse lately”
- “I can’t work in my garden/yard, clean my home, or walk everyday like I used to”

Shared Complaints by Patients...

- “It’s worse after sitting or when I get up in the morning”
- “My joint swells up and I can’t bend it very well”

Prevention and Treatment

- Physical therapy
 - Slowing the progression and/or preventing it from occurring
 - Focus on client education and self-management

Prevention and Treatment

- Behavioral modifications
 - Diet
 - Weight control
 - Exercise
- Analgesics, topical creams and anti-inflammatory agents
- Total joint replacement

Physical Therapy

- Goals
 - Reduce pain
 - Maintain mobility/improve gait
 - Increase muscle strength
 - Decrease stiffness, edema, and joint destruction
 - Recommend ambulatory assistive device/orthotic

Physical Therapy

- **Flexibility**
 - Maintain range of motion to prevent stiffness and pain
 - Tai Chi and Yoga

Physical Therapy

- **Strengthening**
 - Builds muscle to support joints
 - Start slow and set small goals
 - Controlled movements
 - Avoid high impact exercise

Physical Therapy

- **Endurance**
 - Work longer = more stamina
 - Large muscle groups
 - Participate in aquatic therapy, walking, riding stationary bike

Physical Therapy

- **Aquatic therapy**
 - Warm water = relaxes muscles
 - Decrease gravitational affects on joint
 - Decrease in edema and allow greater range of motion

Physical Therapy

- **Modalities**
 - Electrical stimulation
 - Heat/cold therapy
- **Rest**
 - Reduction in activity

Patient Education

- **Quality of life**
 - Early diagnosis
 - Early intervention
 - Lifestyle changes
 - Pain management
 - Exercise
 - Diet/weight loss
- **Home exercise program**

Patient Education

- No known cure for arthritis
- Joint changes are irreversible

Co-morbidities Associated with Arthritis

- Heart disease
 - Inflammation = arterial swelling = hypertension
- Decreased cardiopulmonary capacity
 - Decreased activity = decreased endurance

Co-morbidities Associated with Arthritis

- Obesity
 - Increase impact on joints = breakdown of joint surface
- Diabetes
 - Similar risk factors

Co-morbidities Associated with Arthritis

- Osteoporosis
 - Bone breakdown from decreased activity

National Movement Against Arthritis

- Walk with Ease
 - Certified instructor
 - Group support/discussion forums
 - Guidebook for walking routines and stretching programs

National Movement Against Arthritis

- Arthritis Foundation Exercise Program
 - Certified instructor
 - Sitting or standing
 - Simple and can replicate (DVD)
 - Group support

National Movement Against Arthritis

- Arthritis Foundation Aquatic Program
 - Certified instructor
 - Simple and can replicate (DVD)
 - Group support

Patient Testimonial

- 57 year old male
- Suffering for six years and recently pain has increased in knees with activity
- Played high school and college football; very active, currently working
- PMH: R knee arthroscopy 1983

Patient Testimonial

- Current diagnosis: OA B knees
- C/o: inability to squat, ascend/descend stairs or workout at previous resistance level

Patient Testimonial

- “I have no complaints of pain anymore and I am able to work without pain.”
- “Thanks to my therapist I know how to keep my pain under control because I am too young for surgery.”

Physical Therapy Get Moving. Stay Moving.

