

north valley

community connection

Easy Ways to Reduce Your Joint Pain NOW!!!

By Carla Kazimir, PT

When a client comes into our clinic with the complaint of joint pain, we evaluate their strength and flexibility. We evaluate the condition of their joints considering doctor's reports and X-rays.

Usually the pain is due to either arthritis or a sprain or strain of a muscle or ligament. If the primary cause of pain is inflammation, the goal is to calm down the joint inflammation which reduces the pain. If the primary cause of pain is weakness or tightness in the joints, then we work to stretch or strengthen the affected muscle group. Typically, a combination of both exercise and pain modalities accomplishes the goal of improving the joint and reducing the pain.

If a joint is very swollen or painful, remember the acronym **R.I.C.E.**, Rest. Ice. Compression. Elevation. This is for your most acute injuries. Elevate the arm or leg on a couple of pillows. Use an ice pack. Wrap it in an Ace bandage and let your body rest and heal.

If a joint is chronically sore due to arthritis, moist heat can be very effective to relax the joint, allowing circulation to heal the joint and limber up the muscles. A Thermaphore can be your best friend. A Thermaphore is an electric moist heating pad. Though it can be more expensive than a dry heating pad, the results are worth the few extra bucks. It even has a safety switch that will decrease the possibility of being burned. Biofreeze is a wonderful topical analgesic that helps with chronic

arthritic pain. We have these items in stock should you want to order some for home use.

Proper exercise is the key to getting your joints and muscles strong without adding to your injury or inflammation. Our clinic offers the latest in rehab exercise equipment. We also offer many home exercise programs that can provide a person with an excellent work out they can do on their own. An Osteoball is similar to a beach ball, but with handles. We instruct our patients how to do very gentle Osteoball exercises for arthritis and send them home with the ball and a booklet of exercises. You can make tremendous improvement on your own if you are motivated.

We also utilize dynamic taping and Graston soft tissue mobilization techniques in our clinic. Graston quickly and painlessly releases a lot of old scar tissue which can free up the joint. We can teach you how to tape your own joint at home, or you can come in periodically for us to tape your joint.

Often, people shy away from physical therapy because they think there is nothing that can be done to help them. Sometimes, people with joint pain are not candidates for surgery due to age or medical conditions, and think that they just have to live with the pain. However, there are many ways we can help people live better with their degenerative joint disease.

North Valley Physical Therapy offers a complimentary consultation to



allow you to ask your questions and figure out if we can be of help to you. We are Medicare and Blue Shield providers, and we bill all private insurances. For those with HMOs and high deductible insurances we offer very reasonable cash rates, and we can work with you to maximize what you do at home so you can reach your goals with fewer physical therapy visits.

North Valley Physical Therapy is located at 11858 1/2 Balboa Bl Granada Hills in the Knollwood Shopping Plaza. We are ADA accessible with free parking. Contact us at 818-217-4868 or via email at Carla@NorthValleyPT.com

If you find this article helpful, please LIKE us on FACEBOOK. Sign up for our free monthly newsletter at www.NorthValleyPT.com Carla Kazimir PT has been practicing physical therapy in the Valley since 1984