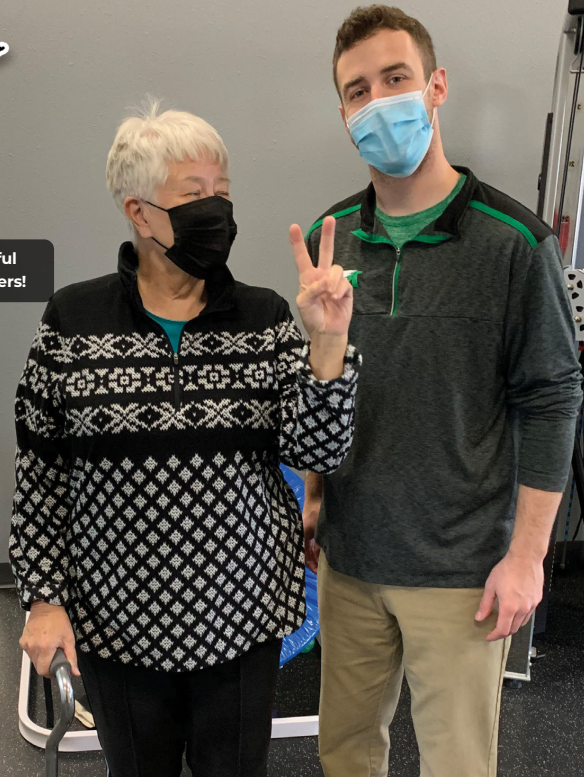


A Holistic Approach to Finding Arthritis Relief



Thank you to our wonderful patients and team members!



ALSO INSIDE

- What To Expect With Physical Therapy
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A Holistic Approach to Finding Arthritis Relief

Have you been dealing with the aches and pains of arthritis? Are you tired of taking medication to get relief? We can give you solutions that work without nasty side effects! At Choice Physical Therapy, our physical therapists take a holistic approach to resolving your arthritis pain.

Approximately 40 million people in the United States suffer from arthritis, and one-third say it limits their leisure activities and daily tasks. Around 25% of these individuals also say they are in chronic, debilitating pain daily.

While there are several medications on the market that limit pain, none can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can give you solutions that reduce your pain and improve your function without side effects!

If you are looking to find relief for your arthritis, we can help! Start by treating it at the source; contact Choice Physical Therapy today!

WHY IS PHYSICAL THERAPY BETTER THAN MEDICATION?

The most common treatments for arthritis are physician-prescribed medication, usually NSAIDs, corticosteroids, or antirheumatic drugs. Unfortunately, although it is easy to pop it in your mouth, medication will cause side effects, which can be more dangerous than arthritis itself.

With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's primary goal when treating arthritis is reducing stress on the joints by increasing strength, preserving or improving range of motion, and teaching balance and coordination exercises.

Some benefits to working with a physical therapist include:

- **Stretching/Mobility Exercises.** Restoring motion ensures the joint receives proper blood flow to keep existing cartilage healthy and strong.
- **Exercise.** Light exercises focusing on getting the muscles around the joints stronger helps to reduce the forces through the joint and alleviate the pain simultaneously.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Reducing/controlling your weight helps to prevent added stress on weight-bearing joints.
- **Proper Nutrition.** Avoid processed and sugary foods that cause inflammation in your body and negatively impact your arthritis symptoms.
- **Sleep.** Proper rest helps the body heal, improves your immune system, and helps reduce your inflammation and pain.

Physical therapy works by taking a holistic approach to reducing the pain and inflammation in your joints without medications. Treatments to improve strength, balance, and coordination have also been shown to help reduce pain and improve tolerance to daily activities.

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What To Expect With Physical Therapy

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse.

Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a holistic, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

We will develop a comprehensive

program that includes targeted manual techniques, mobility work, and strengthening to reduce inflammation and provide greater support to the joints. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

GET STARTED TODAY!

If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Choice Physical Therapy today.

Pain and inflammation relief is possible with the help of physical therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3832048/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772852/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>



Scan the QR Code to visit our website to schedule your next appointment today!

www.choicetherapy1.com

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The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 377-7341



STAFF SPOTLIGHT | MANDY HOIE

DPT AND BAGLEY CLINIC MANAGER

Mandy has been employed with Choice Therapy since December 2015 and has served in a wide variety of roles within Choice Therapy. Mandy is very active within Choice Therapy and the community of Bagley where she volunteers at several events from coaching volleyball, church events, Clearwater Fair, and many more. Mandy graduated from the University of North Dakota with her B.S. in Psychology and a Doctorate degree in Physical Therapy. Mandy enjoys working in a small town/rural community where she can treat individuals with a variety of ages and conditions. She strives to stay current through continuing education to ensure that patients receive the latest proven techniques to maximize the benefits of rehabilitative therapy. Mandy lives on a small family farm and in her spare time enjoys walking, hunting, outdoor sports, and spending time with her husband, 3 children, and family/friends.

Areas of Specialties: Graston Provider, Vestibular rehab, Women's health, Orthopedics, Sports Injury

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10 Methods To Achieving A New Year's Resolution

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Choice Physical Therapy is confident in your ability to hit your goals.



Halloween 2022 at Choice Therapy



Pictured from left to right: Bemidji Adults, Bemidji Pediatrics, Hibbing Adults, Hibbing Pediatrics, Long Term Care

Use PT to your advantage. Schedule your appointment today!

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