



ARE YOU FINDING IT HARD TO OPEN DOORS? BUTTON YOUR BUTTONS? WRITE OR TYPE?

PT CAN HELP RELIEVE YOUR HAND PAIN!

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GET A GRIP ON YOUR HAND PAIN

Have you noticed that it's more difficult to grip and make a fist? Do you have stiff, achy fingers and hands? You are likely experiencing the effects of arthritis.

At PacificPro Physical Therapy, our therapists are experts at treating the different types of arthritis that cause your hands to hurt. We can help teach you strategies to manage your arthritis to use your hands with less pain!

You use your hands and fingers hundreds of times throughout the day for both basic and complex tasks. Unfortunately, arthritis limits your ability to move freely and makes it difficult to do daily activities.

If you are living with arthritis, you're not alone. There are over 100 different types of arthritis that people are diagnosed with, and millions deal with limitations from the different types. Arthritis pain is directly correlated to the restriction of mobility in your joints, which in turn influences the health of your muscles, ligaments, and tendons.

Fortunately, our physical therapists are experts in treating arthritis in your hands. We will help restore the movement in your joints and strength in your muscles to alleviate arthritic inflammation and pain.

Contact PacificPro Physical Therapy today, and let us help you relieve your pain so you can use your hands to do the things you love!

What Types of Arthritis Are Found In The Hands?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common type of arthritis found in the hands. This type is the result of a gradual breakdown of cartilage in the joints. This breakdown can occur at any age but is most common after an injury or repetitive use of the affected joint(s). Cartilage can no longer protect the joints when worn down, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid Arthritis (RA) is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. Most experts believe that your hormones, genes, smoking, and environment could all contribute to the development of RA.

Contact PacificPro Physical Therapy to schedule a consultation today!

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

HEALTHY RECIPE

Creamy Cucumber, Radish & Tomato Chopped Salad



INGREDIENTS:

- ½ cup mayonnaise
- ½ cup crumbled feta cheese
- 1 tablespoon chopped fresh chives, plus more for garnish
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 large English cucumber, diced
- 1 pint cherry tomatoes, quartered
- 1 bunch radishes, diced
- ½ medium red onion, finely diced

DIRECTIONS Whisk mayonnaise, feta, chives, dill, lemon juice, salt and pepper in a large bowl. Add cucumber, tomatoes, radishes and onion and toss to coat. Garnish with more chives and dill, if desired.

EXERCISE TO TRY AT HOME

HAND TENDON GLIDES



1. Hold your hand up with fingers straight.



2. Curl finger tips as shown.



3. Straighten fingers and thumb to make a "duck-bill."



4. Curl fingers at middle joints as shown.



5. Curl finger tips into palm.
At each interval, hold for 5 seconds. Repeat the entire exercise 10 times.

HAND THERAPY FOR ARTHRITIS RELIEF

Are Everyday Tasks Causing You Pain?



People have found enormous success in arthritis relief through specialized physical therapy known as hand therapy. Hand therapy focuses on the upper extremity as a whole, including the wrist/hand, forearm, elbow, and shoulder. Hand therapists work toward returning the affected area to its highest level of function.

A therapist typically uses manual techniques to manipulate the affected arthritic area to release tension, swelling, and pain. Through massage and hands-on treatments, patients can find significant improvement — sometimes after just one session! In some cases, additional techniques, such as heat therapies, ultrasound, or paraffin wax therapy may also be used as part of your treatment plan to manage your pain and keep symptoms at bay.

However, one of the most significant roles of a therapist is prescribing targeted mobility and strengthening exercises to help you restore the use of your hands. These will be dependent upon the type and severity of your arthritis. Sometimes splints are needed to help you, especially at night.

Your therapist will also work with you on strategies and modifications that help you function better. Teaching you about your pain and how to manage it can help you get over the hump and regain your independence in day-to-day tasks and improve the quality of your life.

What To Expect At Your Hand Therapy Visit

Your therapist will provide you with the necessary stretches and exercises to keep up with the progress you made during your sessions. It is crucial to make sure you complete these stretches and exercises independently so your arthritis doesn't worsen.

At PacificPro Physical Therapy, our team will work closely with you to determine which course of treatment will be best for your specific needs. Contact us today to schedule a consultation to learn more about how hand therapy can relieve your arthritis.

6 FOOD CHOICES TO HELP EASE ARTHRITIS PAIN

1. Broccoli, Brussels Sprouts and Cabbage —

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, kale or cauliflower to your salad or stir-fry.



2. Fatty fish —

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.



3. Garlic —

Garlic is a member of the allium family — which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases — including arthritis.



4. Tart cherries —

Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color — anthocyanin.



5. Turmeric —

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines — particularly curries.



6. Vitamin C —

Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.



PATIENT SUCCESS



"Almost 20 years ago I had a heavy hip injury due to a car accident. Over the years I've developed arthritis and pain which limited a lot of activities for me. A couple of months ago I decided to go to PT to see if there was anything I could do to reduce the pain, build strength in my leg and increase range of motion. I have to say Heather and her crew helped me way beyond what I thought was possible. Through basic stretching and targeted to exercises, I have been able to build back a ton of strength, nearly eliminating the pain I was experiencing and have been able to gain range of motion. I am extremely grateful to Pac Pro! I have a full box of tools and have been able to build some habits to continue progressing. GO HERE! I fully recommend it!" — **Guy M.**

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

We've Expanded In Irvine!
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Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com