



RIVERSIDE
9900 Indiana Ave.
Suite 8
Riverside, CA
951.376.1120

Relieving Arthritic Pains in Your Hands With Physical Therapy



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 & Sports Medicine, 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.

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.

Continued on next page.

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

PUMPKIN SMOOTHIE



Ingredients

- 1 can (15 oz.) pumpkin pie filling
- 3 cups whole milk (more if needed)
- 1/2 cup vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed

Directions: Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get the consistency you'd like. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

<https://www.thepioneerwoman.com/food-cooking/recipes/a10387/pumpkin-smoothie/>

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.

RELIEVING ARTHRITIC PAINS IN YOUR HANDS WITH PHYSICAL THERAPY

Continued from previous page.

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

Hand Therapy For Arthritis Relief

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.

By combining findings from your exam, our therapists can determine the underlying pathology and provide appropriate treatment to optimize your outcomes. Your treatments will aim to relieve pain, promote healing, and relearn or modify activities to make daily life easier.

A large part of therapy for your hand is helping you improve your range of motion, strength, and overall function so you can safely and comfortably perform your daily activities once again. At PacificPro Physical Therapy & Sports Medicine, 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 upper extremity arthritis.





HOW DO WEATHER CHANGES AFFECT PAIN LEVELS?

Do you notice that your joints start aching every time a storm front comes through? Have you ever wondered if the temperature outside really affects your pain? Or is it an old wives tale? At PacificPro Physical Therapy & Sports Medicine our team will help you get to the root of your pain, no matter the temperature outside and no matter the season!

It is estimated that as many as 75% of people with arthritis believe their pain is affected by the weather. Most report their pain is made worse by the cold, damp weather (i.e., low atmospheric pressure).

While scientists have no consensus on the exact connection between weather and joint pain, a few theories about the relationship exist. For example, your pain levels can intensify if you are stressed, anxious, or depressed. There is some evidence that colder or inclement weather may trigger these emotions, which can make pain feel much worse.

Colder weather can also reduce blood flow to the extremities so your body can conserve and pump more blood to the lungs and heart. Reduced blood flow can result in stiffness and pain in the joints. However, research into tolerance of pain has shown that with more prolonged exposure to cold, our body adapts and becomes more tolerant of pain, not less!

It is theorized that changes in the seasons will affect our daily habits, which influences our pain levels. For example, as a rule, people tend to be more active in the spring and summer months and less so in the winter. Research has shown that inactivity can lead to joint pain and potentially break down the cartilage, creating more severe degeneration and increased pain.

A recent study found while some connection between weather and pain levels may exist, it is not the temperature itself that is responsible. Instead, the evidence suggests the low pressure days with damp, windy weather were more often the culprit. Finally, you may want the rain, rain to go away, but research found no connection between actual rainfall and pain.



[Request an Appointment](#)

Patient Success

"Extremely nice staff, very good at what they do. Helped me with a speedy recovery. Got my hand back where it needed to be!"
—Harrison S., Temecula clinic

"I have been doing physical therapy for the past 2 months on my hand and wrist. Today was my last session. It was a sad day cuz I will miss them all so much. They all were amazing. I would like to thank Heather and Kenyon, you girls made my hand all better. I will miss you both bunches. I will miss everyone. I would recommend this place to everyone who has to go to physical therapy. They are amazing. Thank you to everyone else who helped with my recovery. I will stop by and say hi and I will bring you all sweet treats. Thank you again everyone." —Robin G., Murrieta clinic

Share Your Success Story

We want to hear your PT Success Story.

Thank you!



IRVINE
949.679.3988

LAGUNA HILLS
949.716.2730

MURRIETA
951.600.0054

**MURRIETA/
FRENCH VALLEY**
951.417.8195

TEMECULA
951.506.0200

HEMET
951.929.9890

CORONA
951.407.9233

**CANYON
HILLS/MENIFEE**
951.244.8404

MURFREESBORO
615.962.8232



RIVERSIDE
951.376.1120

**9900 Indiana
Avenue, Ste 8
Riverside, CA**

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