



# The Physical Therapy Specialty Center

*A Division of Primary Care Partners*

*Call for an Appointment Today – 970-241-5856*

## Got Joint Pain?

Physical Therapy can help you stay active even when your joints feel older than you do!



One of the dilemmas of mid life is the desire to stay active when joints are deteriorating. You may have had x-rays that show enough joint degeneration to be painful, but not enough for a total joint replacement or other surgical procedure. You may notice that pain is slowing you down, making it more difficult to participate in your favorite exercise routines and sports activities. Less exercise usually means weight gain, which puts even more stress on your joints.

Physical therapy can change this downward spiral. Joint pain is often aggravated by weakened muscles, which force joints to operate in less than optimal alignment, causing extra strain on an already painful joint. Subtle damaging changes in joint alignment often go unnoticed. What you feel is pain. The trained eyes and hands of a physical therapist will evaluate and show you how to correct the muscle imbalances that are contributing to joint deterioration.

### JOINT PAIN EXERCISE GUIDELINES

Stop any activity that:

- Hurts while you are doing the activity or for over 10 minutes after you stop moving.
- Causes joint swelling or stiffness
- Makes weight bearing through the joint painful afterward

Ways to modify exercise that is causing pain:

- Limit your motion into the painful position. For example, if a full lunge causes knee pain, experiment with a ½ lunge position
- Reduce the impact on your joints. If running hurts your back, hip, knee or ankle, consider biking, swimming or using an elliptical machine for conditioning
- Loose at least 10% body weight if you are over your optimal body mass index (BMI). Body Mass Index (BMI) calculators are available on many websites.
- Avoid quick twisting movements, especially with the back and knees.

### HOW WILL THERAPY HELP?

A degenerating joint is not necessarily a painful joint. Pain often comes from a combination of abnormal loading and weakness in adjacent muscles. While therapy cannot change the degeneration process, we can show you how to protect the joint, keep moving and help you return to your favorite activities.

**Don't let pain stop you from playing!**

**Call us today at 970-241-5856**