



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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ARTHRITIS AWARENESS MONTH

May is arthritis awareness month. Arthritis means “inflamed joint” and arthritis can occur in any joint in the body. The most common joints affected are those in the hands. There are three types of arthritis, with the most common being osteoarthritis. The most common joint affected by osteoarthritis is the base of the thumb, which is medically referred to as the 1st CMC joint. An occupational therapist can help ease the pain from the arthritis and provide education on splinting and exercises that will help protect the joint and slow the degeneration or breakdown. If you are currently experiencing hand pain, give us a call today and see how we can help. Also, check out our featured blog for this month all about arthritis.

AROUND THE CLINIC:

Spring has sprung! It is now time for weekend warriors to commence and get those yards in shape for summer. Spring is generally a busy time for people to get everything “de-winterized” and start to get their yards in order for the summer season to come. Unfortunately, a lot of us have not done yard work like this for the past several months. We tend to jump head first into our projects without remembering that all that bending, lifting, and twisting can take a toll on our rested bodies and create injuries fairly quickly. There are a few steps you can take to avoid the spring aches and pains. Here are a few easy tips to keep you moving and grooving through spring.

- Take several breaks throughout the day
- Listen to your body and stop when you feel pain
- Avoid bending over repeatedly at the waist
- Avoid sustained positions for an extended amount of time
- Vary your activities throughout your day
- Drink lots of water

If you do sustain an injury give us a call and see how we can help! Happy yard working! We would also like to add a Happy Mother's day to all the Moms!



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Diagnosis of the Month

Diagnosis: Hip Osteoarthritis

What is it?

Osteoarthritis is a degenerative arthritis that can affect any joint, which means it will gradually cause greater damage to a joint as we age. Osteoarthritis is also the most common type of arthritis and 1 in 4 people will develop hip osteoarthritis by the age of 85. While there is no specific cause of osteoarthritis there are several factors that can increase the likelihood of developing this disease such as:

- **Joint injury:** There is a greater chance of developing this disease if there has been a previous injury to the hip that damaged cartilage or any other structures through the hip.
- **Genetics:** If a family member has a history of the disease, it is more likely to develop this condition as you age.
- **Obesity:** If we place great stress on our joints from carrying extra weight over time, this will increase damage through the whole hip joint. Evidence shows that every pound you lose, it will take four to seven pounds of pressure off the hip joint.
- **Gender:** Women that are 50 years of age or older are 5 times more likely to develop hip osteoarthritis than men are.
- **Anatomical Abnormalities:** Bone and joint shape can lead to increased cartilage deterioration which can cause bone spurs, otherwise known as osteophytes. Studies have also shown that if you were previously diagnosed with hip dysplasia as a child, you would be at a higher risk.

While the above list describes the multiple factors that can increase the likelihood of developing hip osteoarthritis, evidence has shown that even if you have none of these risk factors, there is still a possibility of developing osteoarthritis if you are over the age of 50

Common Symptoms

The symptoms of hip osteoarthritis will develop slowly and worsen over time in both the frequency and intensity of pain due to this being a degenerate disease. The signs and symptoms for hip osteoarthritis can include:

- Pain, especially worse in the morning or after sitting for an extended period. This pain could be in the groin or thigh. Sometimes thigh pain can also radiate to the buttocks or into the knee
- Stiffness within the joint which could make it difficult to walk or perform bending movements
- Swelling around the joint which can also cause a decrease in mobility
- Crepitus in the joint such as popping, crackling, or grinding noises during movement

How Physical Therapy Can Help:

Physical therapy can help in managing the pain that hip osteoarthritis can cause as well as exercises to promote improved mobility. Since physical therapists look at the body as a whole they will also be looking at surrounding body regions to improve your overall health and physical function. Your PT will determine the best exercises for you and build a personalized home exercise program that will help you work towards greater strength and mobility to allow for a greater quality of life.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

