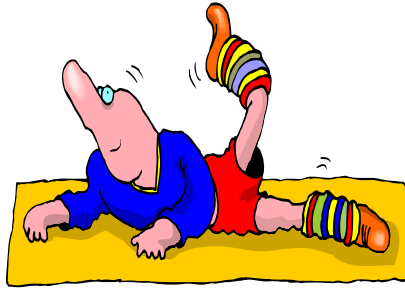


Exercising for the New Year.....Don't Let Arthritis Stop You



Should people with Arthritis Exercise?

Yes. Studies have shown that exercise helps people with arthritis in many ways. Exercise reduces joint pain and stiffness and increases flexibility, muscle strength, and endurance. It also helps with weight reduction and contributes to an improved sense of well-being.

The pain caused by arthritis can affect how a person functions in their home and community. Therapists can suggest modifications to help people with arthritis to live independently while avoiding stress to their joints.

What can **TCC REHAB** therapists do for you?

- ❖ Evaluate your home and suggest changes and modifications that will make arthritis easier to live with.
- ❖ Advise what exercises can relieve the pain of arthritis and which activities should be avoided.
- ❖ Design adaptive equipment or recommend assistive devices to help you function better @ home with daily activities.
- ❖ Customize splints to rest or support limbs.
- ❖ Perform modalities such as heat /cold /hydrotherapy to help relieve pain
- ❖ Teach range of motion and strengthening exercises and endurance retraining.

Need more information?

All forms of arthritis are serious and can affect many aspects of a person's life, including work and leisure activities. If you would like to consult your therapist, please call

TCC REHAB @ 1-800-633-6507