



Health & Wellness NEWSLETTER

STERLING PT & WELLNESS

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Relieving Low Back, Hip and Knee Arthritis Pain

Stay in the game with PT

**Find Out How Sterling Physical Therapy
and Wellness Can Help Stop the Pain**

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RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

Stay in the game with PT

If you're constantly facing lower back, hip or knee pain — you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

WHAT IS ARTHRITIS, EXACTLY?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis — or the painful stiffness, or inflammation, of joints — isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

WHAT CAUSES LOWER BACK, HIP AND KNEE ARTHRITIS?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction — rheumatoid arthritis

- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain.

However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at Sterling Physical Therapy & Wellness can get you moving pain-free again!

Continued inside.



RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

Continued from previous page.

ARTHRITIS AND PHYSICAL THERAPY

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.



Source: www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php, www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php, www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain <https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

5 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, cabbage, kale or cauliflower to your salad or stir-fry.



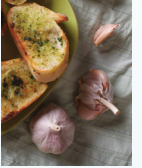
2. Fatty fish.

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. 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.



5. 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.



HEALTHY RECIPE GREEN FRITTATA

Ingredients:

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

Directions: Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.



CALL TODAY TO REQUEST YOUR APPOINTMENT

281.240.3140



STERLING PT & WELLNESS

STAFF SPOTLIGHT

Dr. Sierra Pollard



Dr. Sierra Pollard grew up in Sugar Land, TX and knew early on that she wanted to be a Physical Therapist since she always had a love of sports and helping others. She attended Elkins High School, and then went on to get her B.S. in Kinesiology from Texas A&M University. Sierra then attended Physical Therapy school at the University of Texas Medical Branch in Galveston where she became a Doctor of Physical Therapy in 2016. Since graduation, Sierra has worked in a variety of outpatient PT clinics where she has become proficient at treating orthopedic, neurological, and vestibular patients. Sierra also is certified in dry needling. Outside of work Sierra's hobbies include swimming, working out, gardening, and spending time with her husband, beautiful baby boy Luke, and her 2 dogs. Bonus: Dr. Pollard is expecting a beautiful baby girl that will be delivered this month. Please wish her well!

PATIENT SPOTLIGHT



"Absolutely amazing and professional staff all around. 10 stars in particular to Adrienne and Alain in the exercise room and Donna at the front desk! I've been in therapy following a knee replacement a few weeks back and cannot recommend Sterling enough. Adrienne and Alain are very professional and knowledgeable, take the time to listen to my issues, and have come up with a training program that has really helped me get back on my feet. Highly recommend this location." – Renuka B.



To see more success stories from our patients, scan the QR code to visit our Review Page.

EXERCISE YOUR MIND
WITH SUDOKU

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CHECK US OUT ONLINE

Find out more about Sterling Physical Therapy & Wellness



Scan the QR code to visit our YouTube Channel.

To find out more about the treatments we offer scan this code to visit our website.



MARCH MADNESS SPECIAL!

50% Off All Massage Therapy Services

For details call 281-240-3140.



COME BACK TO PT!

Are you in pain? Are you suffering from an injury? Do you want to become healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to Sterling Physical Therapy. We are here for you. Call for an appointment today and start your journey to a healthier, happier, more active life.

SUGAR LAND | BELLAIRE | STAFFORD

281.240.3140

sterlingtherapy.com

3 Locations to Serve You!

SUGAR LAND

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