



Health & Wellness NEWSLETTER

STERLING PT & WELLNESS



GRASPING RELIEF

THE IMPACT OF PHYSICAL THERAPY ON ARTHRITIC HAND PAIN

281.240.3140 | sterlingtherapy.com



NATURAL
HYDRATION!



RECIPE INSIDE

GRASPING RELIEF

THE IMPACT OF PHYSICAL THERAPY ON ARTHRITIC HAND PAIN

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 Sterling Physical Therapy & Wellness, 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.

Contact Sterling Physical Therapy & Wellness today, and let us help you relieve your pain so you can use your hands to do the things you love!



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 Sterling Physical Therapy & Wellness, 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.

**CALL TODAY TO REQUEST
YOUR APPOINTMENT
281.240.3140**



NATURAL HYDRATION!



HOMEMADE ELECTROLYTE DRINK

INGREDIENTS

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

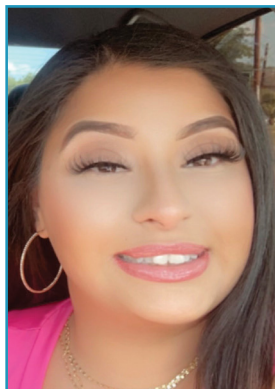
DIRECTIONS: Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>



STAFF SPOTLIGHT

Bianca Rosas, PCC
Patient Care Coordinator



Bianca is one of our Patient Care Coordinators for our Sugar Land clinic. She is warm and welcoming to all of our patients and visitors. Bianca loves making you feel comfortable from the moment you step through our doors. Rest assured that you are in great hands here, as Bianca will assist you every step of the way!

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.**

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.



PATIENT SPOTLIGHT

"The place is fantastic. I have been through a few rehab facilities while in the Army and out. This is the best by far. The staff is friendly, knowledgeable and relentless. Mark, Gina, Valencia, and the others will put you through good solid rehab program. **So if you want to get yourself back to where you were before you needed rehab, Dr. Carter and his staff will get you there.** I strongly suggest you consider Sterling Physical Therapy if you're in need of rehab therapy." —C.M.



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

EXERCISE YOUR MIND WITH SUDOKU

		8				4		
1	6							7
	7		2				1	
8	3				7			
5			6	1	4			3
			5				6	9
	8				2		9	
6							2	1
		9				6		

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

3 Locations to Serve You!

SUGAR LAND

1449 Hwy 6, Suite 260
Sugar Land, TX 77478

BELLAIRE

5101 Bellaire Blvd, Suite 265
Bellaire, TX 77401

STAFFORD

12603 Southwest Freeway, Suite 602
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