

## HOW CAN PHYSICAL THERAPY HELP?



At **Comber Physical Therapy**, **Erika Comber** has been practicing therapy for the past 18 years. She has worked with Arthritic patients, both young and old. She has an expertise in Women's Health and Low Back Pain.

**Samantha Chou** has just joined our team at **Comber Physical Therapy**. She has experience in treating a wide variety of patients and specializes in manual therapy. She also has an expertise in Low Back Pain and SIJ dysfunction.

Individual Evaluations are performed to assess posture, strength, flexibility and patient's goals.

If you are interested in changing your quality of life and are not satisfied with what you are able to do, ask your Doctor for a referral for Physical Therapy.



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Located in Michael Commons Condominiums off Mooretown Road, across the street from the new hospital site, next door to Ferguson's Lighting and Plumbing. Please call to set up an appointment.



## ARTHRITIS AND PHYSICAL THERAPY



**"HELPING YOU BACK TO A HEALTHY LIFE"**

TEL: 757 229 9740

# PHYSICAL THERAPY AND ARTHRITIS



Osteoarthritis (OA) and Rheumatoid Arthritis (RA) are diseases which causes swelling of the joints. There is currently no cure for arthritis, however, there have been tremendous strides in the management.

**Exercise** and weight control are important factors in managing arthritis.

Specific exercises can maintain mobility in affected joints.

There are techniques to avoid fatigue and flare-ups.

**Physical Therapy** can help manage your arthritis and provide education with your limitations.

## Rheumatoid Arthritis

Rheumatoid Arthritis is a disease that causes inflammation in the joint lining. 2.1 million Americans are known to have RA.

RA demands early, expert diagnosis by a Physician Specialist, typically a Rheumatologist.

Proper management includes anti-rheumatic or anti-inflammatory drugs.

**Physical Therapists** work as part of a multidisciplinary team of health care professionals. P.T.'s play a major role in the treatment of RA both with patient's who are trying to avoid surgery and in a post-surgical rehabilitation.

Other conditions, such as Systemic Lupus Erythematosus, Ankylosing spondylitis, Psoriatic Arthritis, Juvenile Arthritis and Fibromyalgia are all conditions that can benefit from Physical Therapy.



## Osteoarthritis

Osteoarthritis is a disease that causes people to lose bone mass and causes fractures. This disease affects about 28 million people. The likelihood of OA increases as we age. It is estimated that nearly 75% of people over age 60 will experience OA.

A traumatic injury or abrupt impact can trigger the disease as well. Falls, car accidents and sports injuries are often implicated in the onset of OA.

OA patients respond very well to conservative treatment.

A regular exercise program of strengthening, stretching and a positive mental attitude can work wonders to control the disease process.

**Physical Therapy** will assist you in your education with exercise programs and limitations that you may have.