



**PARRY**  
**PHYSICAL THERAPY**  
**GROUP**

*Personalized Physical Therapy*



**Consider Physical Therapy When:**

- **Patients complain of joint pain when standing or sitting too long or when going up and down stairs.**
- **Ache pain prevents or compromises sleep.**
- **Spine pain which radiates into a limb when standing, prolonged sitting, or changing position.**
- **Patients complain of joint stiffness and decreased ability to initiate movement.**
- **Surgeons recommend surgery before trying physical therapy.**

**Family Doctors are Finding A Program of Manual Physical Therapy & Supervised Exercise Can Improve the Symptoms of Osteoarthritis**

Many family doctors believe that physical therapy is a helpful adjunct to recovering from soft tissue injury or surgery. Many of them do not appreciate the benefit physical therapy has on degenerative joint disease of the peripheral joints and spine.

Varying data indicate that exercise reduces pain and improves function in patients with osteoarthritis in peripheral joints. A study published in the Journal of Family Practice (2000;Vol 49(5): 466-467) found that manual physical therapy and supervised exercise **should be recommended as first-line therapy** in conjunction with standard analgesics.



Osteoarthritis of the spine and peripheral joints is a wearing of the hyaline cartilage that lines all bones in synovial joints. The question family physicians must ask is "What caused the joint surfaces to break down?" Most of the time, it is caused by abnormal

forces, usually compressive forces, placed on the joint by abnormal body mechanics or abnormal superincumbent forces. Joint capsule and musculo-tendinous tightness, either in the peripheral joints or the spine, contribute greatly to joint compression, and consequently bone erosion, inflammation and pain.

Manual mobilizations and soft tissue stretching along with strengthening exercises to stabilize the structure reduce these forces significantly and thereby reduce the sources of joint compression, pain, and inflammation. While there is no conservative therapy that can correct the anatomic defects of arthritis, physical therapy performed by a good manual

therapist can reduce pain, improve function and delay joint replacement surgery up to 5 years. In some cases physical therapy has even negate the need for surgery all together (*Arch Phys Med & Rehab, 2003*).



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