

“Everything you wanted to know about Arthritis”:  
A Physical Therapist Perspective:  
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1. Why is this so important?
  - a. 27-30 million have osteoarthritis, up 54+ million have some sort of arthritis
  - b. More than 100 conditions
  - c. 50% chance with knees, 25% chance with hips, 8-10% chance with hands
  - d. Population demographics
2. What is Arthritis?
  - a. Osteoarthritis: “bone arthritis” or “DJD= degenerative joint disease”

Cartilage that covers the ends of bones starts to wear out, deteriorate, or “get potholes” in it; Sometimes bits of bone may chip off and float in joint, or bone spurs develop; Provides a smooth gliding surface for joint motion and cushion between bones normally.
  - b. Rheumatoid Arthritis  
Autoimmune inflammatory process where the “lining or fluid” of joints is attacked; Usually occurs at multiple joints; Less common.
3. Symptoms:
  - a. Pain, stiffness, swelling/inflammation, decreased range of motion, loss of cartilage on ends of bones or problem with the cushion between bones (ex. Meniscus)
4. Causes
  - a. Joint injury or medical history
  - b. Overweight or obesity
  - c. Wear and tear
    - a. Job history
    - b. Running or working out: Excessive- yes, general- no
  - d. Weakness of muscles around the joint
  - e. Genetics or family history, women > men
5. Solutions: “What can I do for it?”
  - a. Avoiding the causes mentioned above. Moderate exercise. Healthy body weight. Nutrition. Avoid smoking.
  - b. Diagnosed with it: Pool or aqua therapy, appropriate exercise including strengthening, healthy body weight, physical therapy, meds or injections only when needed
  - c. Phoenix Physical Therapy: Help you discover what is causing your arthritis related pain through exam or screening consultation (“Discovery visit”), “Invest in Your Health!”