


The METRO SPORTSMED SUMMER NEWSLETTER August 3rd, 2009

Thursday, July 30, 2009

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The Jim McLean Invitational Golf Tournament at Quaker Ridge Golf Club, Scarsdale NY

The Society for Golf Medicine and Performance is pleased to announce the Third Annual Fundraiser 9-22-09:



For more details please feel free to click here.

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: August 3rd

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metrosportsmed.com

The Benefits of Aquatic Therapy @ METRO SPORTSMED

- A patient using the Aquaciser receives variable-resistance, low impact aerobic workout.
- The buoyancy of the water helps to decrease the pressure on joints, and allows exercise with less difficulty
- Warm water reduces pain, relaxes muscles, and improves circulation.
- The resistance of water gives the ability to increase



METRO SPORTSMED®
Physical & Occupational Therapy

METRO SPORTSMED® Physical and Occupational Therapy is pleased to present our Summer Newsletter Series. In this issue we will address the common causes and treatments for arthritis.

Thank you again for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team

www.metrosportsmed.com
718.METROSPORTSMED
718.638.7677

Don't Let Arthritis Stop You!

Chances are, someone you know has arthritis. It is a condition of joint inflammation that is accompanied by pain, swelling, stiffness, and limited motion. It involves the breakdown of cartilage. Cartilage is a layer that normally protects the joint, allowing for smooth movement. It also absorbs shock when pressure is placed on the joint, as in walking. Without the usual amount of cartilage, the bones rub together, causing pain, swelling, and stiffness. There are over 100 different types of arthritis. Common causes of joint inflammation include:



- An autoimmune disease (the body attacks itself due to underlying disorder)
- A broken bone
- General "wear and tear" on joints
- Infection (usually caused by bacteria or viruses), such as Lyme Disease

Often, the inflammation goes away after the injury has healed, the disease is treated, or the infection has been cleared. When it doesn't, it results in long-term pain. [Osteoarthritis](#) is the most common type and is more likely to occur as you age. Most commonly, it affects your hips, knees or fingers, but sometimes other joints too. Risk factors for osteoarthritis include:

- Being overweight
- Previously injuring the affected joint
- Using the affected joint in a repetitive action that puts additional stress on the joint (baseball players, ballet dancers, and construction workers are all at risk)

Interesting Facts About Arthritis..

According to the Arthritis Foundation, in 2006, nearly 46 million people were diagnosed with arthritis or chronic joint disease (that's nearly 1 in 5 adults). Here are some interesting facts:

- Arthritis is one of the most prevalent disorders and is the country's leading cause of disability in Americans over age 15
- Arthritis is #2 cause of work disability (#1 is heart disease)
- Arthritis is more prevalent in women than men
- Arthritis limits everyday activities such as walking, dressing, bathing for over 7 million Americans
- It affects people in all age groups, including close to 300,000 children
- Baby boomers are at prime risk. More than half those affected are under age 65 years

Arthritis and gardening..

When you have arthritis, the pain and limitations may prevent us from enjoying the fruits of gardening. Here are some general tips for you to help save your joints when gardening this season.

- Break the project into steps – avoid overdoing anything.



strength and endurance as well as to improve balance and coordination.

- Water exercises allow for cardiovascular fitness and improved muscle tone.

Aquatic Therapy Locations:

Park Slope 263 7th Avenue Suite 2A

Boro Park; 4911 13th Avenue

Williamsburg; 44 Lee Avenue

- Take frequent breaks – rest at least every 10-15 minutes, or less if you have pain.
- Use larger muscle groups when possible – leg muscles are larger (and stronger) than the arm muscles, and shoulder muscles are larger than hand muscles. Use the leg muscles when possible to lift/carry objects, and use shoulder and elbow to help move things as opposed to the hand joints for gardening
- Ask a neighbor, family member, or friend to turn your soil. If you can't get anyone else to help and have to work on the soil yourself, be sure you use the larger muscle groups, i.e. - your leg muscles.
- Use hand tools with larger handles to take the stress of the finger/hand joints. If you can't find larger handles, use towels or rags to build up the smaller handles – it will save your hand joints.
- Consider planting in pots instead of the garden. This will allow you to work at table height and eliminate the stressful bending over and bending down, which will eliminate stress on the back, hips, and knees.
- Use a cart with wheels to carry plants, tools, soil, etc., to avoid the stressful bending and lifting.
- Spread your plants out in the garden, so you have less holes to make, fewer plants to plant and less work.

GRAND OPENING!

FREE BODY FAT ANALYSIS

We are pleased to announce the opening of our newest facility in Mill Basin @

GOLD'S GYM

6161 Strickland Avenue (off Mill Road)

Stop by a receive 25% off membership pricing!

For more details please contact jsheinberg@metrosportsmed.com

or call 718.369.8041

If you have any questions or concerns, feel free to contact the **METRO SPORTSMED®** Team for an appointment today: **718 METRO SPORTSMED** (718 638 7677) or via email @ info@metrosportsmed.com

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METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK locations

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