



# RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

[www.taylor-rehab.com](http://www.taylor-rehab.com)

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## RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be suffering from arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

### What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and genders can experience it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

### What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

#### Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progressive pain, limiting movement and strength, which in turn causes more inactivity and pain.

By improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

**Discover how our team of specialists at Taylor Rehab Physical Therapy can get you moving pain-free again!**



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend that you come in for an appointment.

**Call Taylor Rehab**  
to talk with your  
physical therapist  
today!



## Upcoming Free Workshops



### Free Rotator Cuff Workshop

**When:** Saturday, June 5<sup>th</sup> at 10:00 AM

**Where:** 167 Gateway Blvd. Mooresville, NC 28117

*At the workshop you will learn how to get back to normal naturally without medications, injections or surgery!*



### Free Back Pain & Sciatica Workshop

**When:** Tuesday, June 15<sup>th</sup> at 6:15 PM

**Where:** 167 Gateway Blvd. Mooresville, NC 28117

*At the workshop you will learn how to get back to normal naturally without medications, injections or surgery!*

Register today by visiting  
[www.taylorrehab.ptworkshops.com](http://www.taylorrehab.ptworkshops.com)

\*Limited spots available

## Healthy Recipe

### Grilled Zucchini with Parmesan



- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (½ cup)
- 1½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

## Benefits of Dry Needling

Dry needling is a safe and effective method of treatment provided at Taylor Rehab Physical Therapy to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendonitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

There are a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

After conducting a comprehensive evaluation to assess the nature of your condition, a Taylor Rehab physical therapist will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. A video library on dry needling as well as other interventions is located on our website. If you are in Mooresville and want to know more about our dry needling services, don't hesitate to request an appointment at Taylor Rehab Physical Therapy today. We'll get you started on the path toward recovery!

# Healthy Grilling for Arthritis Sufferers



## Main Dishes

*Instead of greasy burgers, brats and hot dogs, try -*

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

## Condiments

*Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try -*

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients - olive oil, basil and sundried tomatoes - are loaded with anti-inflammatory properties.

## Side Dishes

*Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try -*

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

*"I have had chronic hip pain over 4 years. I was unable to sit, stand, walk because of pain. Every day tasks such as sweeping and loading a dishwasher was very painful. Dry needling and physical therapy have been life changing for me. I am happy to say with the help of my physical therapist Caitlyn, who is so friendly and knowledgeable, I am walking daily. I went to not being able to walk to the mailbox to walking five miles. Thank you Taylor Rehab for giving me life back." - Melissa C.*

## Ready To Get Started?

At the end of the day, Taylor Rehab Physical Therapy is here to provide support to you every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in Mooresville, North Carolina or any of the surrounding areas, and you are searching for relief, look no further. Taylor Rehab Physical Therapy is here to help as one of the most favored North Carolina physical therapy practices.

Call our office at (704) 658-1095 (Gateway) or (704) 660-6551 (Morrison Plantation) or visit [www.taylor-rehab.com](http://www.taylor-rehab.com) to schedule an appointment with one of our physical therapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.

## Covid-19 Precautions



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



WE ARE CHECKING THE TEMPERATURE OF EACH PATIENT



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

## Did You Know?

*We Can Also Treat:*

- Arthritis
- Back Pain
- Balance
- Chronic Pain
- Dizziness
- Headaches
- Hip & Knee Pain
- Neck Pain
- Neuropathy
- Pelvic Health
- Sports Injuries
- Work Injuries