



B.E.S.T. PHYSICAL THERAPY NEWS

BEST Physical Therapy is proud to announce a FREE lecture by Douglas Blatz, MD

“Successful Treatments for the older athlete’s knee”

October 14, 2009 at 6:30pm at our Cupertino office

Dr. Blatz is a board certified orthopedic surgeon specializing in knee injuries as well as a former team physician for the San Jose Earthquakes. One person will win 2 weeks of core strengthening classes and all attendees receive a discount coupon for Sports Basement!

Normal Joint



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WHY DO MY JOINTS HURT MORE IN THE WINTER?

Many people experience an increase in pain in their joints during periods of colder weather and wonder why. Although no one knows for sure what causes this, research shows the following factors may contribute to this phenomenon:

1. Pain generally occurs with a change in barometric (outside air) pressure. In a low-pressure, low temperature environment (colder weather), pain is experienced more often. This is because in environments of lower air pressure, any existing inflamed tissue around the joints will expand and cause increased pain. Since there is a change in barometric pressure prior to rainfall, this explains the ability of some patients to “predict” the onset of rain.
2. In colder weather, the body circulates less blood to the peripheral areas as a way of conserving warm blood around the heart. As a result, joints may become stiffer which leads to joint pain.
3. When the skin is colder, pain sensors work more which is why people may experience more pain. Nerve endings on the joints have receptors that sense pressure changes and respond via pain signals.

So, what can you do? Wearing warm clothing, using a cold pack to keep the joint swelling down, and staying active are all important factors to keep your joints healthy. BEST Physical Therapy encourages all of our patients to keep moving for the sake of your joint health!

WHAT IS ARTHRITIS?

There are over 100 types of arthritis including osteoarthritis which is the most common type. The word “Arthritis” means “joint inflammation” which is the body’s natural reaction to injury and causes swelling, pain and stiffness. Using the bones of the knee for an example: The ends of the bones are covered with smooth material called cartilage which protects the bone to allow movement without pain. When the cartilage starts to wear away due to trauma or normal wear and tear, the joint surface becomes rougher and may cause joint clicking and grinding. As bone-on-bone contact increases, causes more pain and inflammation occur. Although everyone experiences some increased joint stiffness as we age, physical therapy can significantly decrease the symptoms by restoring joint range of motion, muscle strengthening and joint protection techniques.

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