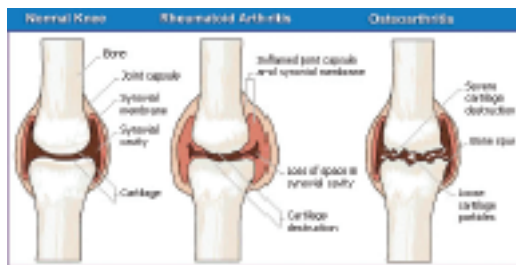


## What is Arthritis?

Nearly 1 in 3 adults in the United States suffer from an arthritis condition. In fact, most people over the age of 50 show some signs of arthritis because usually arthritis pain cannot be avoided as the body ages. The two most common forms of arthritis are osteoarthritis and rheumatoid arthritis. Joint pain is often the symptom of arthritis and normally appears as hip, neck, back, knee, wrist, or hand pain. **If you have joint pain, stiffness, or swelling for more than 2 weeks you may have arthritis.**

Fortunately, physical therapy can ease the pain and has the potential to slow the progression of arthritis. Trained specialists at Troxell & Mohr Physical Therapy will develop individual patient programs that increase function, independency, and decrease pain.



## Types of Arthritis

**Osteoarthritis** is the most common form of arthritis. Osteoarthritis begins with the breakdown of cartilage and bone caused by injury, heredity factor, or wear and tear. Loss of cartilage causes bone to rub on bone creating pain and stiffness. The most commonly affected joints are the fingers, knees, hips, and spine.

**Rheumatoid Arthritis** can affect the entire body. More women suffer from rheumatoid arthritis than men do. The immune system no longer works as it should. Joints become inflamed and cause pain, stiffness, swelling, and redness. The joint may lose its shape and no longer function.

## Consider the Following

The **Surgeon General's Report** found for people with osteoarthritis that **“regular physical activity is necessary for maintaining normal muscle strength, joint structure, and joint function...and exercise was not associated with joint damage or development of osteoarthritis and may be beneficial for many people with arthritis.”**



Troxell & Mohr Physical Therapy will design an individualized program to get you moving and feeling better, while not harming the joints. Our physical therapists specialize in methods to control pain and inflammation. Physical therapy at Troxell & Mohr means less pain, which means more mobility and more independence.

## Testimonials



*“I highly recommend Troxell & Mohr Physical Therapy to anyone suffering from arthritis pain.”*

– Octavio Castillo, Selma, CA



*“I have had back pain from arthritis since 1973. I could not straighten my back, I had lots of pain, and I could not walk properly. In 1992, I became disabled and unable to work. After completing the therapy sessions at Troxell & Mohr Physical Therapy I have no problem walking, I can stand up straight, and I no longer have any pain.”*

– Lela Yeargain, Madera, CA

**Talk to Troxell & Mohr Physical Therapy today to schedule a **FREE** screening**

