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Relieve Your Arthritic Pains with Our Integrated Approach to Care

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from arthritis. Fortunately, PhysioChiroWellness offers several solutions to manage your pain and get you back to living the life you enjoy!

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. Our multidisciplinary team will work with you to find the right blend of techniques to suit your needs. With team members knowledgeable in physiotherapy, acupuncture, massage therapy, chiropractic care, and kinesiology, we have plenty of approaches to choose from!

What is Arthritis?

Arthritis is any chronic condition that causes joint pain and inflammation. Although there are over 100 different types of arthritis, the two most common are osteoarthritis and rheumatoid arthritis – and we can help with both!

Osteoarthritis is the most common, affecting nearly 4 million people nationwide. It occurs due to a gradual degeneration of cartilage in the joints caused by age, injury, and other factors. When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation. Symptoms include the following:

Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

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833.339.8215

Vaughan

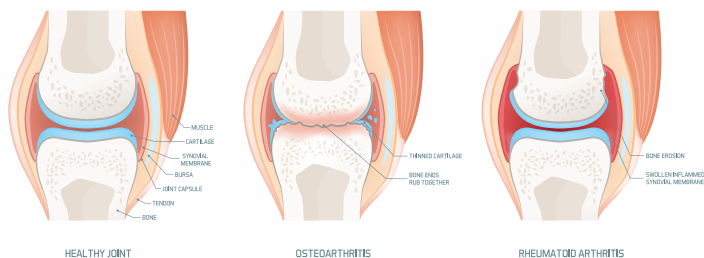
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833.339.8447

- Pain that occurs while using the joint but subsides when you're at rest
- Joint stiffness, particularly in the morning or after a period of disuse
- Cracking, creaking, or crunching noises in the joint

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. Symptoms of rheumatoid arthritis include the following:

- Symptoms that flare up and then go into remission
- Painful, swollen joints on both sides of the body
- General fatigue and discomfort



What You Can Do to Help Your Arthritis Pain

Regardless of the cause of arthritis, you have plenty of minimally invasive treatment options – so don't feel like you have to resort to surgery or drugs to find relief. Our integrated team can help you manage your condition through various techniques.

You can also help manage your pain by incorporating the following tips into your everyday routine:

- **Exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives nutrition from joint fluid, so the more you exercise, the better. Try non-weight-bearing exercises like aquatic exercises or bicycling to avoid putting additional pressure on the affected joint(s).
- **Take supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.

- **Avoid processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

How Can PhysioChiroWellness's Integrated Team Help Relieve Arthritis?

While there is not yet a cure for arthritis, we **do** know that improving your joint movement, muscle strength, balance, and coordination can help reduce your pain and improve your function. Our team will work together to provide acute pain relief and develop an exercise program that suits your needs.

We'll start with an evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain. This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to understand your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that may include the following techniques:

- Manual therapy techniques such as joint mobilizations
- Chiropractic adjustments
- Massage therapy
- Acupuncture
- Mobility work
- Targeted strength training
- Balance and coordination training

Call Today for an Appointment

If you or a loved one is suffering from arthritis, contact PhysioChiroWellness today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!

[Request an Appointment](#)

Sources: <https://pubmed.ncbi.nlm.nih.gov/32364594/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>; <https://www.uptodate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>; <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamins-supplements-arthritis>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8617312/>

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Staff Spotlight

Dr. Ashley Lee
Chiropractor



Dr. Ashley Lee is a dedicated and accomplished chiropractor whose journey in the world of healthcare is marked by a profound commitment to restoring well-being through holistic chiropractic practices. With a passion for empowering her patients to live their best lives, Dr. Lee stands as a beacon of healing and transformation.

What truly sets Dr. Lee apart is her personalized approach to patient care. With a deep appreciation for the uniqueness of each individual, she takes the time to listen to her patients' concerns, tailoring her treatments to address their specific needs and goals. Her gentle yet effective techniques, coupled with her innate empathy, create an environment of trust and comfort for her patients.


EXERCISE ESSENTIALS

KNEE GAPPING

Mobilizes the knee capsule and allows synovial fluid to lubricate the joint.

Start by sitting with your back against a wall and the leg you are not working straight out in front of you. Bend the knee you want to work and place a rolled towel right under the back of your knee. Place both hands around your shin and pull your knee toward your chest, keeping your foot on the ground. Slowly relax your knee back out. 3 sets, 10 reps.



 **PT WIRED** Always consult your physiotherapist before starting new exercises.
www.ptwired.com

Review Us!

One of the best ways to help a local business succeed is by leaving a Google review – AND your story could lead someone to improve their life by seeking our help. Click below!

 **Share My Story**

Become a Physio Hero!



PATIENT SUCCESS STORY

PhysioChiroWellness truly values their patients and demonstrates this through their exceptional customer service. They take the time to listen to concerns, answer questions, and provide thorough explanations, ensuring that each patient feels heard and cared for. **I am grateful to have found such a reliable and compassionate wellness clinic.**

— Brett A.



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