

### Orthogo Physical and Aquatic Therapy Newsletter

#### STUDY PROVES PEOPLE WITH OSTEOARTHRITIS BENEFIT FROM EXERCISE THERAPY

##### Coming Soon

*Obesity: More Good Reasons to Avoid the Epidemic*

Osteoarthritis (OA) is becoming more common among the American and Canadian populations. In fact, it is projected that OA cases in the U.S. will increase from 43 million in 1997 to 60 million in 2020. OA is a debilitating disease that has a significant impact on the quality of life of those who suffer from it. And, it is the cause of millions of dollars in medical costs and lost labor costs each year.

Because of the pain OA causes, many people with the condition often find themselves no longer willing or able to do some of the activities they once engaged in. They may begin to live sedentary lives to avoid pain. But, a study conducted by the Ottawa Panel shows that leading a sedentary lifestyle may be the worst thing a person with OA can do for their pain.

The Ottawa Panel reviewed 26 studies involving OA patients and various forms of exercise therapy to determine whether or not exercise is an effective treatment for the condition. Their goal was to develop a set of guidelines that healthcare professionals could use to help make decisions about the most effective course of treatment for their patients. The 26 studies included in the review involved adult patients over the age of 18 who had been diagnosed with OA. Two kinds of exercise were analyzed for their effectiveness:

- » Strengthening Exercises
- » Whole-Body/Aerobic Exercise

The results of the study showed that both types of exercise offered enormous benefits for OA patients. After just eight weeks of participating in a therapeutic exercise program, patients had less pain when performing activities like walking, climbing stairs, and getting up and down from the floor. The intensity of their pain decreased as well. In addition, there was some evidence to suggest that manual therapy in combination with physical exercise helped improve pain levels and function among OA patients.

One of the most important factors in how effective an exercise therapy program is for OA patients is their ability and willingness to follow through with the therapy. Moving away from a sedentary lifestyle sometimes requires a major lifestyle shift.

#### THESE RESULTS CAN'T BE IGNORED

If you suffer from OA, an individualized exercise program that you're comfortable with and that fits into your lifestyle is crucial to effective pain management. An experienced physical therapist, along with hands-on/manual therapy, will help you manage your pain and improve your quality of life.

Brosseau, PhD, Lucic et al, Ottawa Panel Evidence-Based Clinical Practice Guidelines for Therapeutic Exercises and Manual Therapy in the Management of Osteoarthritis, Physical Therapy, Vol. 85, No. 9, Sept. 2005

*"These Results Can't Be Ignored"*

##### Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

##### Clinics

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