

# DOMINION HEALTH & FITNESS Inc.

## Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.

## PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat
- Lymphedema
- Post Treatment Cancer Care/Education
- Functional Conditioning
- Therapeutic Exercise
- Post-Mastectomy Therapy
- Modalities (TENS, E-stim.)
- Other: \_\_\_\_\_

COMMENTS:

FREQUENCY: \_\_\_\_\_ times per week for  
\_\_\_\_\_ weeks

Signature: \_\_\_\_\_  
(Physician signature)

Date: \_\_\_\_\_

Referrals are accepted from any physician.  
A physician's order and diagnosis are  
required for evaluation and treatment. We  
accept most insurances including Medicare.

DHF

## Arthritis Rehabilitation Program

*Outcome Based Therapy &  
Wellness Close to Home*

**Dominion Health & Fitness, Inc.**

Tel: 276-926-4516

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## What is Arthritis?

Arthritis refers to more than 100 different diseases that cause pain, swelling, limited movement in joints & connective tissue throughout the body. It is usually chronic, meaning that it lasts a lifetime. Specific causes for arthritis are not yet completely understood for most forms of the disease. The disease process also varies depending on the form of arthritis. The most prevalent forms of arthritis include osteoarthritis (OA), and rheumatoid arthritis (RA).

Nearly 43 million Americans have arthritis or a near related condition. These individuals face many challenges as a result of the disease. The great news is that we help individuals meet these challenges and help you lead a fulfilling life in spite of arthritis.

### Osteoarthritis

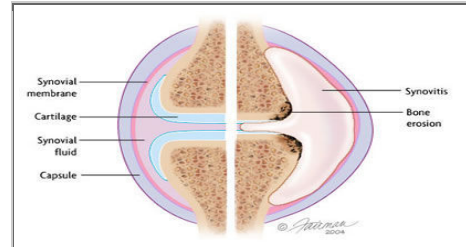
Osteoarthritis is the most common form of arthritis. It is characterized by damage to cartilage and bone. Cartilage is the shock absorbing cushioning that protects the bones in the joints. This loss of cartilage is usually gradual. It can be caused by injury, hereditary factors and/or wear and tear. This allows bone to rub on bone creating pain and stiffness. The result is often loss of range of motion and/or weakness of the muscles around the joint. This can make even the simplest task a chore.

### Diagnosis of Osteoarthritis

The diagnosis is usually made based on a patient's medical history and a thorough physical examination. The physician may also order other tests to confirm the diagnosis or rule out other similar diseases. X-rays may be ordered to evaluate possible narrowing of the joint spaces and/or changes (such as spurs) at the joint surfaces.

## Rheumatoid Arthritis

Rheumatoid Arthritis is a systemic disease, meaning it affects the entire body. It is a chronic disease, in which various joints in the body are inflamed, leading to swelling, pain, stiffness, and the possible loss of function. Over 1 million American suffer from RA. About 75% are women.



The normal joint structure is pictured on the left. On the right is the joint affected by rheumatoid arthritis which has swelling of the synovium that can lead to damage to cartilage and bone.

### Diagnosis of Rheumatoid Arthritis

Rheumatoid arthritis may be difficult to diagnose. Many other conditions can resemble it and its symptoms can develop insidiously. Blood tests and x-rays may show normal results for months after the onset of joint pain. According to the America College of Rheumatology, these can be symptoms indicate a diagnosis of rheumatoid arthritis:

1. Long period of morning stiffness for at least 6 weeks
2. Arthritis of 3 or more joints lasting at least 6 weeks
3. Symmetric arthritis lasting for at least 6 weeks
4. Rheumatoid nodules
5. Positive rheumatoid factor (blood test)
6. Joint changes on x-ray

### Arthritis Rehabilitation Program

While Arthritis affects people in many different ways, many people have joint pain with movement or have joint deformity which may be increased by the forces of normal daily activities. It is important that you know what you can do to maintain your aerobic health, minimize deformity, and maximize your functions.

The goal in treating arthritis patients is to help each patient reach his or her fullest physical, social, vocational and emotional potential within the limitations imposed by

the disease. Our licensed therapist will develop individual patient programs that increase function and general conditioning, while not harming the joints. If necessary they will help work on specific tasks such as walking or climbing stairs. Finally, we will work on stretching tight joints and muscles or incorporate pain control modalities such as heat, ultrasound massage, and electrical stimulation as needed.

### Consider the Following Tips

- ◆ Learn as much as you can about arthritis, its management and expectations for your future.
- ◆ Understand that there may be tasks that you can no longer do the way you used to. Learn better ways to accomplish the same goals and discover new activities that you can enjoy.
- ◆ Learn to be flexible in planning alternatives for your “good” and “bad” days.
- ◆ Learn to think positive. Arthritis does not go away, but you can learn to manage your symptoms.
- ◆ Perform regular exercises advised by your therapists. This will allow you to reduce pain, improve function and develop stronger muscles for more stable joints.
- ◆ Utilize good body mechanics as instructed by your therapist. This will allow you to accomplish your daily activities with less stress on your joints resulting in less pain.
- ◆ Control your weight. Extra pounds increase stress on joints.
- ◆ Balance rest and activity, being careful not to overdo. Pace yourself, take breaks and respect the pain. This will allow you to best manage your symptoms.