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Relieving Arthritic Pains In Your Upper Extremities



FREEDOM REHAB
AQUATIC THERAPY AND BALANCE CENTER

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Relieving Arthritic Pains In Your Upper Extremities

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physical and occupational therapy. Contact Freedom Rehab Aquatic Therapy & Balance Center today to find out more.

Physical Therapy, Occupational Therapy, and Hand Therapy - Defined:

People have found enormous success in upper extremity

arthritis relief through physical therapy and occupational therapy treatments.

Before you can understand why physical therapy and occupational therapy are both so important for arthritic pain relief, you must first understand the differences between physical therapy and occupational therapy. Physical therapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. Occupational therapy, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises.

Hand therapy is also a form of occupational therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.



1. **Feel free to call us and ask to speak to your therapist.**



2. **Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, your therapist might recommend you to come in for an appointment.**

Call Freedom Rehab Aquatic Therapy to schedule your appointment today!

Hand Therapy For Arthritis Relief



A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

Contact Freedom Rehab Aquatic Therapy & Balance Center!

At Freedom Rehab Aquatic Therapy & Balance Center, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!

Are you ready to get back on your feet by improving your balance and decreasing your risk of sustaining a fall-related injury? Contact Freedom Rehab Aquatic Therapy & Balance Center to schedule a consultation and get started today!

CALL US AT (941) 400-1505

Upcoming Workshops

Aquatic Therapy Workshop *(It's more than just water aerobics!)*

Tuesday, May 4th - 5:00PM

Sunday, May 23rd - 2:00PM

Sunday, June 13th - 2:00PM

**Pre-registration is required*

Do you wish you could exercise pain-free while building muscle and improving your balance? FRATABC is inviting you to get in our 91- degree saltwater pool and experience our hallmark "Aqua Vita" aquatic program. In this session, you will strengthen your core, work on your balance, strengthen your arms and legs, and walk away with a program to do in your own pool! Each class is limited to 7 participants. Make sure to wear your bathing suit and bring a towel!

Water Aerobics Class

Sunday, May 16th - 2:00PM

Sunday, June 6th - 2:00PM

**Pre-registration is required*

Freedom Rehab Aquatic Therapy and Balance Center has finally caved into the call from our fans and created a WATER AEROBICS CLASS!!! This will be a fun upper and lower body workout with some light cardio mixed in. The instructor will be on the deck not in the water, so we are requiring a one on one 30-minute safety evaluation with one of our aquatic therapists prior to admission to ensure entry and exit is independent and safe, balance is maintained during dynamic exercise without physical assist, and that there are no contraindications or significant medical issues that would prevent independent exercise. Class is limited to 8 participants.

Vestibular Rehab Program, Freedom From Falls

Wednesday, May 19th - 5:00PM

Wednesday, June 23rd - 5:00PM

**Pre-registration is required*

Come see how you stack up with people your gender and age with your balance and safety by participating in a series of standardized balance tests. Your results will be categorized according to national averages and you can see if there are any safety or balance issues you may need to address before anything like a fall should happen. After the evaluations, we will share some safety and fall prevention tips and tricks and educate on our vestibular rehab program, Freedom From Falls.

All events will have light refreshments and preregistration is required. Call Freedom Rehab Aquatic Therapy and Balance Center at (941) 400-1505. Located at 17162 Toledo Blade Blvd Port Charlotte.

Upcoming Workshops

(Continued)

Weight Loss From Freedom Workshop

Wednesday, May 26th - 5:00PM

Wednesday, June 30th - 5:00PM

**Pre-registration is required*

Are you frustrated with your extra pounds and wish there were a simple, fun, and gentle way to break free from what is weighing you down? FREEDOM REHAB AQUATIC THERAPY AND BALANCE CENTER is holding a workshop to not only provide useful tips and tricks on nutrition, losing weight and the right ways to exercise, we are going to demonstrate our highly effective WEIGHT LOSS FOR FREEDOM water aerobics and land strengthening hybrid weight reduction program. Not only will you have great info and a demonstration, but you'll also leave with an aquatic exercise home program you can do in your own pool!

All events will have light refreshments and preregistration is required. Call Freedom Rehab Aquatic Therapy and Balance Center at (941) 400-1505. Located at 17162 Toledo Blade Blvd Port Charlotte.

Coming Soon



Our new second larger pool and a wellness workshop with a medical clinician to answer all your questions!

3 Natural Ways To Beat Spring Allergies



1. **Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
2. **Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
3. **Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

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