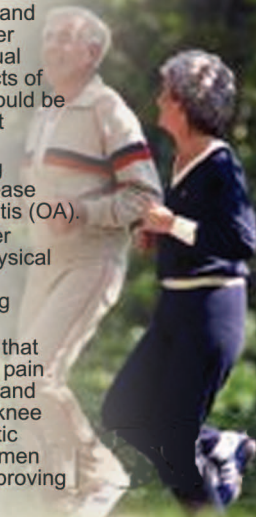


# News for patients suffering from hip and knee arthritis...

*Research shows manual physical therapy to the hip and knee can reduce pain!*

- A recent study by Deyle et. al. revealed that physical therapy reduced pain, stiffness and disability at four weeks and one year after treatment in patients who received manual physical therapy and exercise. The effects of manual physical therapy and exercise could be achieved in ONLY two to three treatment sessions!
- Puett and Griffin showed that performing exercises could decrease pain and increase function in patients with knee osteoarthritis (OA).
- A study by Ettinger et. al. found that older patients with OA had improvement in physical performance, pain and disability after participating in aerobic and strengthening exercises.
- In a recent study, Silva et. al. concluded that water-based exercise could help reduce pain and improve function and are a suitable and effective alternative for management of knee OA. Additionally, Suomi found that aquatic exercise decreased postural sway in women with lower extremity arthritis, thereby improving their balance and stability.



If you suffer from hip or knee pain due to OA, please call our office at **235-3910** to schedule an appointment today! Reduced pain and improved function could be in YOUR future!



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\* Located in the Glenrock Health Center