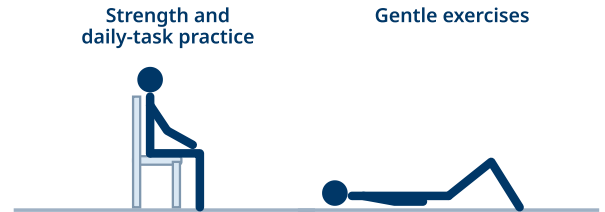




Physical & Occupational Therapy for Arthritis

What it is

Physical and occupational therapy help you move better and do daily tasks with less pain. A therapist teaches you exercises and easier ways to do things. Therapy may help protect your joints.



A therapist builds a plan for you

Who it may help

- People with arthritis that limits daily activities
- After a flare to rebuild strength
- Ankylosing spondylitis (posture and spinal mobility)

Self-care tips

- Do your home exercises most days, even when you feel well.
- Pace yourself. Balance activity with rest.
- Use heat before exercise and ice after, if it helps.
- Keep taking your medicines as prescribed.

What to expect

Getting started: Your rheumatologist explains how this fits your care plan.

What you do: A therapist checks your joints, strength and daily tasks. You learn a home exercise plan. Splints or tools may help.

Follow-up: We check your progress at each visit and adjust your plan.

When to call us

- Pain or swelling that is much worse after activity
- A flare that does not settle
- New symptoms that worry you

Call 911 for chest pain, trouble breathing, or signs of a stroke.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/rheumatology/treatments/physical-therapy/

This handout is general information and is not a substitute for medical advice.



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