



Physical Therapy

N E W S L E T T E R



RELIEVING ARTHRITIC PAINS IN YOUR HANDS

Get A Grip!

*Hand Therapy For
Arthritis Relief*

Exercise Essentials

*Stay In Shape While
Staying At Home!*

Patient Testimonial

*Read Why Our Patients Love
Loop Physical Therapy!*



Physical Therapy

NEWSLETTER

RELIEVING ARTHRITIC PAINS IN YOUR HANDS *WITH PHYSICAL THERAPY*



Have you noticed that it's more difficult to grip and make a fist? Do you have stiff, achy fingers and hands? You are likely experiencing the effects of arthritis.

At Loop Physical Therapy, our therapists are experts at treating the different types of arthritis that cause your hands to hurt. We can help teach you strategies to manage your arthritis to use your hands with less pain!

You use your hands and fingers hundreds of times throughout the day for both basic and complex tasks. Unfortunately, arthritis limits your ability to move freely and makes it difficult to do daily activities.

If you are living with arthritis, you're not alone. There are over 100 different types of arthritis that people are diagnosed with, and millions deal with limitations from the different types. Arthritis pain is directly correlated to the restriction of mobility in your joints, which in turn influences the health of your muscles, ligaments, and tendons.

Fortunately, our physical therapists are experts in treating arthritis in your hands. We will help restore the movement in your joints and strength in your muscles to alleviate arthritic inflammation and pain.

Contact Loop Physical Therapy today, and let us help you relieve your pain so you can use your hands to do the things you love!

What types of arthritis are found in the hands?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common type of arthritis found in the hands. This type is the result of a gradual breakdown of cartilage in the joints. This breakdown can occur at any age but is most common after an injury or repetitive use of the affected joint(s). Cartilage can no longer protect the joints when worn down, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis (RA) is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation. Most experts believe that your hormones, genes, smoking, and environment could all contribute to the development of RA.

HAND THERAPY FOR ARTHRITIS RELIEF

People have found enormous success in arthritis relief through specialized physical therapy known as hand therapy. Hand therapy focuses on the upper extremity as a whole, including the wrist/hand, forearm, elbow, and shoulder. Hand therapists work toward returning the affected area to its highest level of function.

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

However, one of the most significant roles of a therapist is prescribing targeted mobility and strengthening exercises to help you restore the use of your hands. These will be dependent upon the type and severity of your arthritis. Sometimes splints are needed to help you, especially at night.

Your therapist will also work with you on strategies and modifications that help you function better. Teaching you about your pain and how to manage it can help you get over the hump and regain your independence in day-to-day tasks and improve the quality of your life.

What to expect at your hand therapy visit

Your therapist will provide you with the necessary stretches and exercises to keep up with the progress you made during

your sessions. It is crucial to make sure you complete these stretches and exercises independently so your arthritis doesn't worsen.

By combining findings from your exam, our therapists can determine the underlying pathology and provide appropriate treatment to optimize your outcomes. Your treatments will aim to relieve pain, promote healing, and relearn or modify activities to make daily life easier.

Call today to make an appointment

A large part of therapy for your hand is helping you improve your range of motion, strength, and overall function so you can safely and comfortably perform your daily activities once again. At Loop Physical Therapy, our team will work closely with you to determine which course of treatment will be best for your specific needs. Contact us today to schedule a consultation to learn more about how hand therapy can relieve your upper extremity arthritis.



**CALL THE LOCATION
NEAREST YOU TODAY!**

LOOP	WEST LOOP	EDGEWATER
LOCATION:	LOCATION:	LOCATION:
(312) 584-8561	(312) 820-9737	(773) 974-1559

NEW SERVICES AT LOOP PT!

Shockwave: \$60 (single session)

Package: \$250 (5) / \$450 (10)

Cupping: \$35 (single session)

Package: \$250 (5) / \$450 (10)

Massage: \$125 (single session)
• \$65 (30 minutes)

Package: \$500 (5) / \$955 (10)

Dry Needling: \$45 (single session)

Acupuncture: \$125 (initial session) • \$85 (follow-up)

Package: \$500 (5) / \$955 (10)

Herbal Consultation: \$50 (single session)

WHAT PATIENTS ARE SAYING!

"TJ and her staff are the most dedicated, personable physical therapists I've ever seen! Normally I dread therapy but since I've been lucky enough to be introduced to Loop physical therapy I can't get enough! Thanks TJ, Gigi and Ragan! — Tony L.



**LOOP PHYSICAL
THERAPY CENTERS**

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling!

STAFF SPOTLIGHT



Tessa Hermann, Occupational Therapist, DACM, Diplo.OM, LAc, OT

Tessa is a Board Certified Acupuncturist, Herbalist, and experienced Occupational Therapist. She is a dedicated healthcare provider committed to assessing and treating the whole person and seeking out the root cause of each individual problem.

With combined training in both Western and Eastern medicine, Tessa utilizes a diverse approach to treat patients with a variety of conditions and assist them on a path to wellness.

Tessa graduated from Pacific College of Health and Science, Chicago with a Doctorate in Acupuncture and Chinese Medicine. Her rigorous schooling at Pacific College of Health and Science included extensive coursework in acupuncture, herbal medicine, and biomedicine, in addition to over 1,000 hours of clinical training. Tessa treats a variety of disorders including pain, women's health, fertility, stress, psychological/emotional imbalance, digestive issues, sleep disorders, headaches/migraines, etc. She believes that the practice of Chinese Medicine promotes life-long learning and is committed to this journey with her patients. Tessa has completed additional training in fertility treatment and facial rejuvenation acupuncture.

Tessa has spent the past fifteen years practicing as an Occupational Therapist. Her clinical practice today focuses on holistic patient care, respect, and compassion in meeting her patients where they currently are in their healing journey to ensure each patient's needs and goals are aligned with clinical treatment. In addition to acupuncture and herbal medicine, Tessa focuses on implementing nutrition and lifestyle recommendations to enhance overall health and well-being.

EXERCISES TO DO AT HOME!



Wrist Extensor Stretch



Sit up straight in a chair and raise one arm out straight in front of you with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist. Hold as directed by your provider.



AROM Hand/Finger Tendon Glide



Start with fingers straight. Make hook fist, return to straight hand. Make full fist, return to straight hand. Make straight fist, return to straight hand. Repeat for 3 sets of 20 reps on both hands.

BACK TO SCHOOL SPECIAL!

Be entered to win a **hand massage with exfoliating hand scrub** when you refer a friend to Loop Physical Therapy!



DID YOU KNOW?



FREE COFFEE and **ORGANIC BLACK TEA** are available for Loop Physical Therapy patients — any time, any day, in **Turkish Kitchen!**

📍 565 W Diversey Pkwy, Chicago, IL 60614

Also, to get a 10% discount on delicious food in Turkish Kitchen anytime, mention the code:

LOOPPTDISC10



LOOP PHYSICAL THERAPY CENTERS

Call Us! (312) 584-8561 • Visit Us! LoopPT.com

Enter To
Win!



SEE INSIDE FOR DETAILS!

LOOP LOCATION

105 WEST MADISON ST
12TH FLOOR
CHICAGO, IL 60602
(312) 584-8561

WEST LOOP LOCATION

16 N PEORIA ST
CHICAGO, IL 60607
(773) 974-1559

EDGEWATER LOCATION

5315 N SHERIDAN RD
CHICAGO, IL 60640
(312) 820-9737