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STAY IN THE GAME



Newsletter for all our Form & Function Family



Chill and Thrill: Understanding Joint Pain in the Cold and the Power of Exercise

As the colder months approach, many people notice a significant increase in joint pain and stiffness. But have you ever wondered why this happens?

Cold weather can exacerbate joint discomfort, leaving you feeling stiff and achy. But there's good news: staying active can make a world of difference. In this blog, we'll explore the reasons behind winter joint pain and the crucial role that exercise plays in maintaining joint health. Whether you're an avid athlete or someone looking to ease the discomfort, understanding how to care for your joints in colder months is essential for staying mobile and active. Let's dive into the science behind joint pain and discover how movement can be your best ally during the winter chill!

OVERVIEW:

- Chill and Thrill: Understanding Joint Pain in the Cold and the Power of Exercise
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Why Does Joint Pain Worsen in Cold Weather?

There are a few key reasons why joint pain often worsens when the temperature drops:

Reduced Blood Flow

In cold weather, your body works harder to maintain its core temperature by constricting blood vessels. This results in reduced blood flow to your extremities, including your joints, which can cause them to feel stiff and more painful.

Thicker Synovial Fluid

Synovial fluid is the lubricant in your joints that helps them move smoothly. When it's cold, this fluid can thicken, making it harder for your joints to move easily, leading to stiffness and discomfort.

Barometric Pressure Changes

Barometric pressure, which changes with the weather, can

affect how your joints feel. Lower barometric pressure (which often accompanies cold, rainy weather) can cause the tissues in your joints to expand slightly, increasing pressure and pain.

Muscle Tightening

Cold temperatures tend to cause muscles to tighten, which adds additional strain to your joints. Stiff muscles restrict movement, leading to increased pain, especially in people with arthritis or chronic joint conditions.

How Can You Alleviate Joint Pain in Cold Weather?

While cold weather may exacerbate joint pain, there are several ways you can manage the discomfort and protect your joints:

Stay Active: Regular, gentle exercise helps to keep your joints flexible and reduces stiffness.

- Activities like walking, swimming, or yoga can be particularly beneficial during colder months.
- **Dress Warmly:** Keeping your joints and muscles warm is essential. Layering up and wearing gloves or thermal clothing can help reduce muscle tension and joint pain.
- **Use Heat Therapy:** Applying heat to stiff joints can stimulate blood flow and reduce discomfort. Warm baths, heating pads, or warm compresses can work wonders in alleviating stiffness.
- **Hydrate and Eat a Healthy Diet:** Staying hydrated and consuming anti-inflammatory foods, such as leafy greens, fatty fish, and nuts, can help support joint health.

Product We Love



Pulsed Electromagnetic Field Therapy (PEMF)

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy. Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health.

PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

One of the most effective ways to combat joint stiffness is through regular movement, specifically by incorporating warm-up exercises into your daily routine.

Simple warm-up exercises can help increase blood flow, loosen muscles, and improve flexibility, all of which reduce joint stiffness. These exercises don't require a gym membership or special equipment—you can do them at home or before engaging in any physical activity.

Why Warm-Up Exercises are Important for Joint Health

When your joints are stiff, it becomes harder for them to move smoothly, often leading to discomfort or pain. Warm-up exercises help by:

- Improving circulation: Gentle movement increases blood flow to your joints and muscles, helping them work more efficiently.

- Reducing stiffness and pain: A proper warm-up reduces the risk of injury, as it prepares your joints for any physical activity.
- Supporting long-term joint health: Daily warm-up exercises can improve the range of motion and protect against chronic stiffness over time.

Simple Warm-Up Exercises to Try

Here are a few effective warm-up exercises that you can easily incorporate into your routine to help reduce joint stiffness:

- Joint Rotations – Gently rotate your wrists, ankles, and shoulders in a circular motion. This helps to loosen the joints and promote better mobility.
- Leg Swings – Stand with one hand supported on a wall or sturdy surface, then gently swing one leg forward and backward. This movement helps warm

and knees.

- Arm Circles – Hold your arms straight out at your sides and rotate them in small circles. Gradually increase the size of the circles to loosen the shoulders.
- Marching in Place – Simply lift your knees alternately, mimicking a march. This movement activates the hip, knee, and ankle joints and helps get the blood flowing.
- Cat-Cow Stretch – Get on all fours and gently arch your back upwards (like a cat), then slowly lower it while lifting your head and tailbone (like a cow). This stretch is great for the lower back.

If you experience any of these, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back in the game quickly

**You can find out about the cost and availability of a physical therapy assessment by
Scheduling Here.**

<https://app.pteverywhere.com/formfunctionpt/bookingonline>

Promo of the Month

\$35 PEMF Demo



Health Tip & Trick: 2 Tips to Help Protect Vital Knee Joints and Help You Remain Active

By: Trevor Field

We're going to share with you some easy and very actionable health tips to help protect vital joints, such as your knees, and help you remain active and able to exercise for a lot longer.

- Tips for choosing what surface/path you walk on.
- Tips for choosing what to wear on your feet.

The hidden dangers of the path you walk on... OK, so firstly a little-known secret about protecting vital joints such as your knees is this: the path you choose to walk or run on can have serious repercussions and make the painful process of arthritis happening inside joints inevitable. If you have a choice, uneven and gravelly surfaces should be avoided. That may appear to be a simple message, but here's why it's important for you to apply it: any surface that doesn't offer a flat, stable base will test your balance, stress your joints and your muscle strength, and even your energy levels, all to a point where you could be doing more harm than good. Now, in moderation, anything is usually fine. But the big problems come when you're choosing to walk the same path every night, week after week, month after month. Why? I'll tell you, it's because doing anything of the same kind repeatedly for too long just isn't good for your body. When it comes to being active (and walking or running) and keeping on the go for years longer, nothing trumps changing the surface you stroll on to give some muscles a rest, and working some others at the same time. With that said, want to know what your best options are? Our top tip... 1. OK, here you go: you'd be wise to mix it up a little and alternate between the beach, grassland, and a nice flat tarmac surface and once in a while, hills or woodland is fine, too.

What not to wear on your feet... Next, let's talk about what you wear on your feet whilst doing it. If you're more worried about looking good whilst you're on the move, then chances are your health account is going to suffer and deplete quickly. I've watched many women gasp in horror when I advise them to stop wearing high heels, which might look nice but aren't very healthy for vital joints, in favor of Velcro-style trainers bought from somewhere like Clarks or Marks and Spencers. Now, most people know that the more cushion you have on your shoes, the less impact through your joints. That's obvious, right? But, what a lot of people don't know is this: there's also support and protection for joints to be found in the way you wear those shoes. Leave them loose, and vital joints move around too much, causing painful joint surfaces to rub together.

Our top tip... 1. Pull the laces or strapping tight enough, it can actually be a source of vital support. It's true, that the tighter your shoes are (but not so tight as to restrict blood supply), the less movement at your knee and ankle joints. That means less rubbing and wear or tear of joint surfaces and, therefore less damage in the joints in the long run. And that's why sandals or loose-fitting type plimsolls should NEVER be worn when you're being active or exercising. Sure, they may look better, even feel better, because they're light and airy, but you're adding serious and unnecessary pressure to the joints that you need to see you through another 30-40 years of being active. Why risk it?

Orthotics... Foot orthotics can also be a great option especially if you're looking to get more active... we've been helping lots of patients recently that have been struggling but want to get more active now that the weather is getting better. However, they don't only benefit people that go out and exercise. People wear them day to day to help with alignment and posture. Wearing custom-made foot orthotics, in many cases, especially if you're aged 50+, will help you to wear any shoes you want... safe in the comfort that your joints are being protected, while your favorite footwear is still being worn, and you're able to remain active safely. If you have any questions about orthotics, feel free to contact us using the details below.

We are here for you... If you're in pain and would like to talk to us about getting some help, or some specialist advice, or if you are looking for a diagnosis, remember we are always here to help you. We are safely offering both face-to-face and virtual appointments, as well as free taster sessions for anyone who is "unsure" if physical therapy is right for them.



Ingredients

- 12 oz whole grain spaghetti noodles
- 1 cup cooked shredded chicken
- 1 red bell pepper, thinly sliced
- 3 green onions, sliced
- 1/4 cup fresh cilantro, chopped
- 3 tbsp fresh basil, chopped
- 1/4 cup chopped peanuts
- Sesame seeds, as garnish

For the Peanut Sauce

- 1/3 cup all-natural creamy peanut butter
- 3 tbsp low-sodium soy sauce
- 2 tbsp fresh lime juice (about 1 lime)
- 3 tbsp hot water
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 2 tsp chili garlic paste
- 1 1/2 tbsp honey (or maple syrup)
- 1 tbsp fresh ginger, grated or minced

How to Make Saucy Peanut Noodles with Chicken

1. Bring a large pot of water to a boil and season with salt.
2. While the water is boiling, whisk together all the ingredients for the sauce until smooth. Feel free to add more (or less) hot water to get the consistency that you prefer.
3. Add the noodles to the boiling water and cook until al dente per the package directions. Once the noodles are done, drain and place them in a large bowl.
4. Add in the chicken, bell pepper, green onions, and fresh herbs, drizzle with the peanut sauce and give a good toss until everything is nice and coated in the sauce. Garnish with chopped peanuts and sesame seeds and enjoy!

Nutrition

- Calories: 264kcal
- Carbohydrates: 26.4g
- Protein: 13.8g
- Fat: 13g
- Saturated Fat: 2.3g
- Sodium: 468.5mg
- Fiber: 4.8g
- Sugar: 7g