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STAY IN THE GAME



Newsletter for all our Form & Function Family



Joint Forces: Winning the Battle Against Arthritis

If you've been living with stiff, swollen, or aching joints, you might already suspect what's going on: arthritis.

You're not alone, arthritis affects millions of people and shows up in many different forms. But despite how common it is, it's often misunderstood. Many people believe joint pain is just something they have to "live with" or that rest is the only solution.

The truth is, there are ways to manage arthritis that don't involve giving up the things you enjoy. One of the most effective, evidence-based tools is physical therapy. And no, it's not just about exercise, it's about learning how to move in ways that support your body, reduce pain, and help you stay active for the long haul.

OVERVIEW:

- Joint Forces: Winning the Battle Against Arthritis
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- 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.

What Is Arthritis and What Can You Do About It?

Arthritis is a word many people recognize, but few fully understand. It's not just one disease, but rather a general term that refers to inflammation of the joints, and it can look very different from person to person. In fact, there are over 100 different types of arthritis, and it affects more than 58 million adults in the United States alone. Some forms develop gradually over time, while others can come on more suddenly. What they have in common is that they can impact how we move, how we feel, and how we function in daily life.

Types of Arthritis: Not All Joint Pain Is the Same

The most common form is osteoarthritis, often described as "wear-and-tear" arthritis. It happens when the protective cartilage that cushions the ends of your bones begins to break down, causing bones to rub together. This can lead to pain, stiffness, swelling, and

loss of flexibility, especially in weight-bearing joints like the hips, knees, and spine.

Another type is rheumatoid arthritis, an autoimmune condition where the immune system attacks the body's own joint tissues. This leads to chronic inflammation, usually in the smaller joints such as the hands and feet, and can also affect organs beyond the joints.

Other forms include psoriatic arthritis, linked to the skin condition psoriasis, and gout, which results from a buildup of uric acid crystals in the joints. Each type comes with its own set of symptoms and progression, but the effects are often similar: discomfort, stiffness, and a gradual decline in mobility if left untreated.

Common Symptoms and Early Warning Signs

Arthritis symptoms often begin subtly. You may notice joint pain after activity, morning stiffness that takes a while to ease, or swelling

around certain joints. Some people experience a general sense of fatigue, especially with inflammatory forms of arthritis like rheumatoid arthritis. Over time, these symptoms can become more frequent and start to interfere with daily tasks such as climbing stairs, standing for long periods, or even holding objects.

Ignoring early signs can allow the condition to progress more quickly, which is why early recognition and management are so important.

What Causes Arthritis and Who Gets It?

While age is a factor, arthritis isn't just a condition of older adults. Younger people can develop arthritis too, especially if they've had previous joint injuries, autoimmune conditions, or a family history of arthritis. Additional risk factors include excess body weight, which puts more stress on joints, and repetitive strain from certain jobs or sports.

In the case of osteoarthritis, wear and tear over time is the

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

main cause, but how that wear happens, and how quickly, can vary greatly from one person to another. Inflammatory types like rheumatoid arthritis have more to do with the immune system than mechanical wear.

How Physical Therapy Supports Arthritis Management

Although there is no cure for most forms of arthritis, there are proven ways to manage the symptoms and improve function and physical therapy is one of them.

Rather than offering a one-size-fits-all solution, physical therapy helps individuals learn how their arthritis is affecting their movement and joint health, and how to respond in ways that reduce strain and discomfort. A physical therapist can identify movement patterns or muscle imbalances that may be contributing to joint

stress and guide you through exercises to support better joint function.

Treatment typically focuses on improving joint mobility, increasing strength in the muscles that support affected joints, and learning strategies to move more efficiently and safely in daily life. Just as importantly, physical therapy helps people stay active without causing further damage, which is critical for long-term health.

Breaking the Cycle of Pain and Inactivity

One of the challenges of living with arthritis is that pain often leads to less movement, which then causes more stiffness, weakness, and fatigue. This can become a frustrating cycle that's hard to break. Physical therapy offers a way out of that cycle. With guided, intentional movement, people with arthritis can regain confidence in their bodies, reduce flare-ups, and feel

more in control of their condition and not just react to it.

When to Seek Help

If you've noticed ongoing joint pain, morning stiffness that lasts more than 30 minutes, or difficulty with everyday movements, it's worth having a conversation with your doctor or a physical therapist. The earlier arthritis is addressed, the more effective treatment can be in slowing its progression and maintaining your quality of life. Understanding arthritis is the first step. The next step is learning how to live well with it and that's something you don't have to do alone.

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.](#)

Product We Love



Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints Why Joint NutraCare stands apart from other supplements on the market? REVOLUTIONARY ALL-NATURAL SUPPLEMENT

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

Improve joint comfort by providing the building blocks for joint cartilage and ligaments

Naturally reduce inflammation

Reduce wrinkles and improve skin health

Naturally improve hormone levels

Improve bone density

Increase antioxidant levels to help reduce aging and many more health benefits...

Promos of the Month



FORM & FUNCTION
PHYSICAL THERAPY
SPORT • INJURY PREVENTION • PAIN • WELLNESS

OCTOBER PROMO

20% OFF First IV Service

10% OFF Any IV Service
For You & A Friend You Refer

FREE Vitamin B12 Boost
with Hydration IV Therapy

**25% Off Joint
NutraCare For First
Time Buyers On the
Website**



Feel Better, Heal Faster: How IV Therapy Supports Your PT Plan

By: Trevor Field

When it comes to recovering from an injury, surgery, or chronic pain, most people think about stretching, strengthening, and hands-on treatment and they're absolutely right. Physical therapy plays a vital role in restoring movement, improving function, and helping you return to the activities you love.

But healing isn't just about what happens in the clinic or on the treatment table. What's happening inside your body is just as important and often overlooked. Hydration levels, nutrient status, immune function, and inflammation control all impact how quickly and effectively you recover.

That's where IV therapy comes in.

At Form and Function Physical Therapy, we believe in treating the whole person, not just the injury. Here's how IV therapy can complement your physical therapy plan and help you heal faster, feel stronger, and perform better.

Hydration: The Foundation of Muscle and Joint Function

Hydration plays a far greater role in recovery than most people realize. Every muscle contraction, joint movement, and tissue repair process depends on adequate fluid and electrolyte balance.

Dehydrated muscles are more prone to cramps, fatigue, and injury, and even slight dehydration can impair performance and slow healing.

IV therapy delivers fluids directly into your bloodstream, ensuring faster and more effective rehydration than simply drinking water, especially important for patients recovering from surgery, intense exercise, or those with limited mobility who may not be hydrating adequately on their own.

Nutrients That Power Your Recovery

Your body needs a steady supply of vitamins and minerals to rebuild tissue, reduce soreness, and maintain energy throughout your rehab. While a healthy diet is essential, absorption can be inconsistent, especially when your body is under stress.

IV therapy allows us to deliver targeted nutrients such as Vitamin C, B-complex vitamins, and magnesium directly into your bloodstream. These nutrients are critical for collagen synthesis, nerve function, cellular repair, and energy production. When combined with your physical therapy treatment plan, they help support your body's natural healing processes from the inside out.

Managing Inflammation the Smart Way

Inflammation is a natural part of healing but when it lingers or becomes excessive, it can slow recovery and increase discomfort. For patients in the early stages of injury rehab or post-surgical care, managing inflammation effectively can make a big difference in their progress.

Many IV therapy blends include antioxidants like glutathione and alpha-lipoic acid, which help neutralize oxidative stress and regulate the body's inflammatory response. This can lead to reduced pain, improved mobility, and a more efficient recovery process when paired with physical therapy interventions.

Who Can Benefit from IV Therapy?

IV therapy isn't just for high-performance athletes or hospital patients. It can benefit a wide range of people who are going through physical therapy or simply looking to feel their best. This includes: Patients recovering from orthopedic surgeries, individuals healing from soft tissue injuries (like sprains or strains), athletes dealing with overuse injuries or training fatigue, people experiencing general muscle stiffness, soreness, or fatigue, anyone looking for proactive, whole-body maintenance to stay ahead of injury

Because IV therapy is customizable, we can tailor each session to meet your specific needs whether that's hydration, immune support, energy, or inflammation control.



How to Make Thai Basil Rolls with Hoisin-Peanut Sauce

- Bring a medium stockpot of lightly salted water to a low boil. Cook shrimp 2 to 3 minutes, or until opaque. Drain, allow to cool slightly, and pat dry with paper towel. Peel, devein, and slice in half.
- Bring another stockpot of lightly salted water to a boil. Cook pork at a low boil for approximately 10 minutes, to an internal temperature of 145 degrees F (63 degrees C). Allow to cool, and slice into thin strips.
- Again, bring a stockpot of water to a boil. Cook noodles until tender, stirring occasionally, approximately 7 to 8 minutes. Strain, and rinse to prevent sticking.
- Fill a medium bowl with warm water. Dip each wrapper in water for about 30 seconds until soft and flexible. Lay wrapper on a flat surface, and place 2 basil leaves in center, side by side, about 2 inches from edge of wrapper. Lay 4 to 5 shrimp halves on basil, followed by a small amount of pork, then a small amount of noodles. Sprinkle with cilantro, mint, and top with bean sprouts. Starting at one end, roll the wrapper over once, fold both sides in toward center, and continue rolling as tightly as possible without tearing. The end result should be a roll approximately 1 to 1 1/2 inches thick.
- Warm hoisin sauce, peanut butter, and water in a saucepan over medium-high heat. Bring to a boil, and immediately remove from heat. Garnish sauce with chopped peanuts, if desired, and serve with rolls for dipping.

Ingredients

- ½ pound medium shrimp
- ½ pound pork loin
- 1 (8 ounce) package rice noodles
- 12 round rice wrapper sheets
- 1 bunch fresh Thai basil - leaves picked from stems
- 1 cup chopped fresh cilantro
- 1 cup chopped fresh mint
- 2 cups bean sprouts
- 1 cup hoisin sauce
- 1 tablespoon creamy peanut butter
- 1 tablespoon water
- chopped roasted peanuts