



ALLIED
Physical Therapy
WELLNESS COMMUNITY™
Get back to what you love

Living with Arthritis

Did you know that arthritis in all its various forms is the leading cause of disability in the United States and costs its victims more than \$300 billion each year?

Although there is no cure for arthritis – there are a number of conservative treatment options available that can decrease the inflammation that causes pain and stiffness so you can get back to doing what you love!

In this Best of Wellness Connection video (scan QR code below with your phone's camera to view), Dr. Matt discusses those various forms of arthritis, what makes them different, and gives you some suggestions to relieve pain:

- Keep joints moving, starting easy and building gradually
- Strengthen muscles around sore joints
- Use heat to relieve stiffness or cold to reduce inflammation
- Pace yourself: Break chores into shorter sessions
- Reduce strain on your joints
- If relevant, work toward a comfortable weight

If you still find yourself suffering with the pain of arthritis after following the tips in the video, You may need a little extra help.

Our physical therapists are skilled in helping you lessen pain and increase mobility so you can get back to what you love! Please give us a call at (239) 242-0070 to make an appointment. Or visit us online at alliedpt.com to request an appointment online.

SCAN HERE WITH YOUR PHONE
TO SEE OUR VIDEO!



REVIEW YOUR MEDICARE BENEFITS NOW!

Medicare Open Enrollment is taking place Oct. 15 through Dec. 7, 2026 and it is important that you take the time to review your benefits. Many healthcare providers are scaling back their participation in Advantage plans due to pre-authorization delays and denials of necessary health care. In many cases, traditional Medicare offers the best choices. Scan the code above to download the official Medicare handbook and choose whatever plan is best for **you!**



1469 SW 4th Terrace • Cape Coral FL 33991

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



(239) 242-0070



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