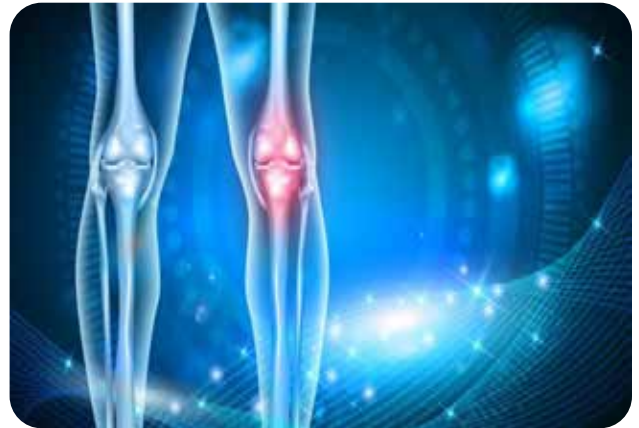


May is National Arthritis Awareness Month! Arthritis is a common physical disability that is characterized by pain, swelling and stiffness of the joints due to inflammation. Those who suffer from arthritis find limiting challenges in day-to-day activities, such as walking, carrying groceries, and even going to the bathroom. According to the Centers for Disease Control and Prevention (CDC), arthritis currently affects 1 in 4 American adults; this means that approximately 54 million Americans are twice as likely to suffer from a fall or fall-related injuries.



This month, OccFit Solutions wants to bring awareness to the growing prevalence of arthritis and encourage physical activity and compression therapy to relieve and manage arthritis symptoms.

How Compression Therapy Works for Arthritis

The use of compression garments can reduce arthritis symptoms by the application of mild pressure to painful joints. This light compression improves swelling and inflammation, which allows for increased blood flow to the joints and the muscles surrounding them.

In addition, compression therapy has been known to bring back sensation to the lower extremities (especially the feet) for those who suffer with lessened or loss of sensation due to the associated swelling. The return of sensation will dramatically decrease the risk of loss of balance and falls.



Compression Therapy for Arthritis of the Knee

Our neoprene knee sleeves provide an effective, non-invasive relief to arthritis with a comfortable mild compression to increase circulation to the painful and stiff joint. The Safe-T-Sport Neoprene Knee Sleeve is available at www.occfitsolutions.com or www.themedicalzone.com.

National Nurses Week: May 6-12, 2020

OccFit Solutions would like to express our thanks and appreciation for the hard work and dedication of all nurses. Thank you for being on the frontlines of healthcare, especially during such a crucial time for our country and the rest of the world.

"To do what nobody else will do, in a way that nobody else can do, in spite of all we go through...that is what it is to be a nurse." - Rawsy Williams

Should Those with Arthritis Exercise?

Although the idea of exercising with arthritis may seem counterintuitive, it is proven that regular light exercise lessens and relieves arthritis pain and stiffness.

Benefits of Low-impact Exercise for Those with Arthritis:

- Maintains the joint's full range of motion
- Strengthens the muscles surrounding and supporting the joint
- Improves the ability to absorb shock

Exercises for Knee Arthritis



Walking - Walking is a low-impact weight bearing exercise that is perfect for strengthening muscles and building bone. Start out slow, and gradually increase your pace and distance over time. TIP: Wear sturdy footwear with supportive insoles.



Water Exercises – Aquatic exercises or simply walking in the shallow end of a pool are great for strengthening the muscles of the knee. Because the body is buoyant in water, there is no weight-bearing shock to the joint and muscles must work harder to move.



Seated Leg Raises - This exercise will strengthen your quadriceps, which are attached to your knee joints.

1. Start in a seated position with the chest upright and the feet planted on the ground
2. Straighten the right leg while remaining seated by extending the right foot away from the body
3. Hold this position with your quadricep muscles contracted for 5 seconds, then slowly lower the leg back to the starting position
4. Repeat the movement 5 times, then perform the exercise with the left leg



Half-Squat - This exercise will strengthen your anterior (front) and posterior (back) leg muscles, which are attached to your knee

1. Start by standing with your feet shoulder-width apart and stretch your arms out in front of you
2. Slowly bend your knees until you are in a halfway-seated position, keeping your knees behind your toes (hold onto a chair or table for balance if needed)
3. Hold this position for 3-5 seconds, then slowly stand to return to the starting position
4. Perform this movement 10 times, and try to slowly work up to 3 sets of 10 repetitions

Lying Hamstring Stretch - This dynamic (moving) stretch will increase flexibility and strength in your hamstring muscles, which attach to the backside of your knee

1. Start by lying on the floor or bed with both legs bent
2. Slowly lift the right leg, still bent, and pull your knee towards your chest
3. Link your hands behind your right thigh and straighten your leg, keeping it as close to your body as possible
4. Slowly bend and extend the right leg (in a kicking motion) with your hands behind the thigh for 5 repetitions
5. Slowly bend the knee and lower your leg back to the floor
6. Repeat this exercise using the left leg

