



MAKE 2022 YOUR BEST YEAR YET!

Arthritis vs. Neuropathy:

What's The Difference?

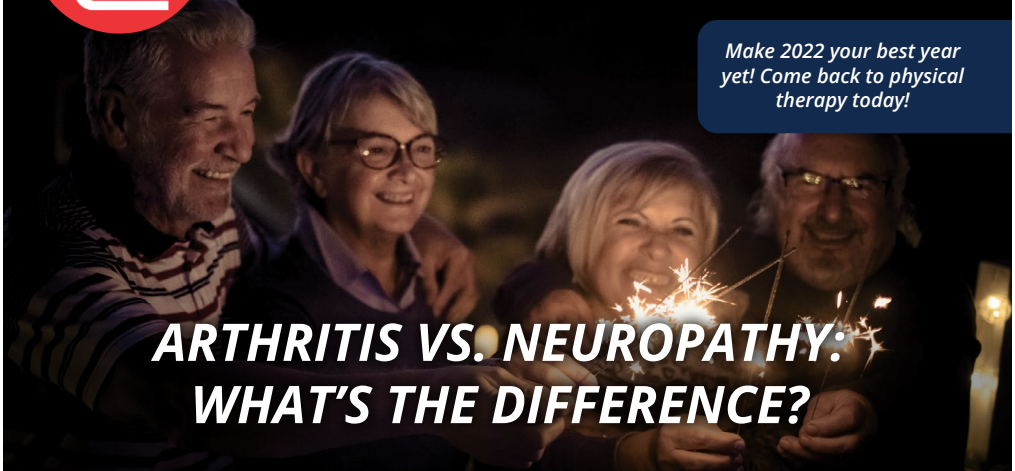
Direct Access

*Save Time, Save Money, Improve
Your Health Naturally*

Healthy Recipe

*Try This Healthy Recipe
Perfect With The Family*

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!



Make 2022 your best year yet! Come back to physical therapy today!

ARTHRITIS VS. NEUROPATHY: WHAT'S THE DIFFERENCE?

It might be difficult to separate peripheral neuropathy symptoms from arthritic symptoms because they are similar. However, arthritis and neuropathy are two separate conditions, and they require different treatment. Courcier Clinic therapists can treat both of these conditions and many others, with the help of sequenced hands-on manual therapy and diagnostic testing. If you're experiencing unexplained numbness and tingling, joint pain, burning or sharp stabbing sensations, and you're searching for help, give us a call today to set up an appointment. We will do whatever it takes to get to the root of your problem and help you find long-lasting, true pain relief!

IS YOUR PAIN CAUSED BY ARTHRITIS OR NEUROPATHY?

Arthritis - The term arthritis refers to a group of painful joint disorders. It might manifest as a painful gout in a toe joint in some people, while it reveals itself as a bacterial joint infection in others.

THE MAJORITY OF ARTHRITIS SUFFERERS HAVE ONE OF TWO PAINFUL CONDITIONS:

Osteoarthritis - This is the most prevalent type of arthritis, and it is usually the result of a lifetime of joint mobility combined with particular changes that occur as people age.

Healthy joints have a layer of cartilage that works as a shock absorber and anti-friction component, as well as a lubricating fluid to keep the bone ends moving smoothly. The creation of lubricating fluid, on the other hand, might slow or deplete over time, causing the cartilage to become thinner and more worn until it eventually breaks down completely. This causes pain, stiffness, and inflammation in the joints, which usually gets worse when you try to move or put weight on it.

Rheumatoid arthritis - An auto-immune illness or malfunction causes this type of arthritis. The same defense mechanisms that ordinarily combat disease germs opt to target your joints, treating them as the enemy. This causes severe inflammation that comes and goes, resulting in joint swelling and deformity.

If you're living with arthritis, you'll notice pain and stiffness in your hands, feet, wrists, or whichever area of your body has been affected by the condition. This pain may become worse in the morning when you get out of bed, or at night when you begin to wind down for the day.

Neuropathy - Neuropathy is a disease or damage to one or multiple nerves. For example, a single nerve can be compressed at the elbow, wrist, or ankle or a variety of issues can cause systemic nerve damage involving multiple nerves. In addition, circulation issues can cause neuropathy to occur in the feet, legs, or hands.

Numbness, tingling ("pins and needles sensation"), and muscle weakness in the affected part of the body are the most typically experienced symptoms of neuropathy. Other feelings include a searing, burning, throbbing, or stabbing pain that can come on very suddenly.

Neuropathy can be especially problematic as the lack of sensation in the affected body part can lead to cuts or injuries without you even realizing! Since circulation is usually compromised, the chances of infection become high as well.

Patients experiencing neuropathy are often extremely sensitive to touch or cold temperatures. They can feel pain from something that normally wouldn't be painful at all, such as the feeling of a t-shirt rubbing their skin. Various factors which contribute to poor circulation can be improved with sequenced hands-on physical therapy, which will improve the neuropathy to varying degrees.

Call Courcier Clinic at **405.478.5333** to schedule your appointment today!
Visit courcierclinic.com for more information.

HOW CAN PHYSICAL THERAPY HELP?

Courcier Clinic provides several different therapeutic treatment methods that can help alleviate the pain and discomfort caused by arthritis and neuropathy. We offer sequenced manual therapy and diagnostic testing such as EMG and MSKUS to help pinpoint the cause of your pain.

Our therapists will conduct a comprehensive evaluation of your body to address the musculoskeletal system and determine the area that is not moving or working to the fullest potential.

When the area is determined, we will assist you through movement to regain optimal function in each joint, muscle, or fascial/connective tissue layer. Using gentle techniques we move through targeted layers of the body to remove barriers to healing.

An EMG (Electromyogram) measures the electrical activity of muscles at rest and during contraction. During an EMG study, a very small pin is inserted in the muscle that helps us evaluate the condition of your muscles. If this diagnostic test could benefit you, a Courcier Clinic therapist will perform it during your treatment!

GIVE COURCIER CLINIC A CALL TODAY

Therapy is a safe and effective way to find relief from arthritis and neuropathy without the use of harmful medications and/or surgical procedures.

If chronic pain is your complaint, you should know that Physical Therapy is one of the least expensive options for pain management. Contact Courcier Clinic today to schedule your first appointment to have your condition and symptoms properly assessed. We'll put together the best treatment options available to help free you from your discomfort and give you your life back.



Come back to PT! Call Courcier Clinic today at 405.478.5333 or visit courcierclinic.com to see how we can help you!

Shoulder Pain Workshops



*If pain limits you from daily tasks, you need hands-on P.T. Call for a **FREE** screen or schedule today if you don't want to wait for the workshop!*

Jeff Courcier will be teaching **Shoulder Pain Workshops** on January 12th, 2022 at 6:00 PM and February 16th, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function!

Neuropathy Workshop



*If neuropathy is keeping you from doing what you love, we can help. Call for a **FREE** screen or schedule today if you don't want to wait for the workshop!*

Jeff Courcier will be teaching **Neuropathy Workshops** on January 17th, 2022 at 6:00 PM and February 21st, 2022 at 6:00 PM. These will be informative workshops for people to learn how Physical Therapy can help relieve your neuropathy and improve your function!

Call 405-478-5333 to reserve your spot for any of the workshops today! Hurry space is limited!

DIRECT ACCESS & INSURANCE INFORMATION

Save Time, Save Money, Improve Your Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a physician referral is not needed. In the state of Oklahoma, you have direct access to physical therapy! You have the power to choose. You can schedule a Wellness Eval/Treatment if you are still hurting and not getting the help you need. The P.T.s at Courcier Clinic have extensive specialty training in sequenced manual therapy, functional dry needling, diagnostics using EMG and MSKUS to provide a higher level of care that is not found at all P.T. clinics. If you have failed at other traditional P.T. clinics and you have chronic pain, there is hope for help at our clinic.

Save money & time and get the BEST results through PT First.

Happy 2022!

Our team at Courcier Clinic wishes you and your loved ones a Happy New Year. We're excited to jump into the new year by helping you with your goals and getting back to a pain-free, active lifestyle. If you are experiencing pain, don't hesitate to call us today for an appointment. You deserve a pain-free 2022!



STANDING BALANCE EXERCISE

1. Stand with feet approximately three feet apart.
2. Turn your body to the left and slightly lunge down (don't do a full lunge. Use picture above for example).
3. Balance arms out so they make a straight line.
4. Hold this position for 10-15 seconds. Repeat 3 times.



A New Year Means A New You

LET COURCIER CLINIC HELP YOU REACH YOUR HEALTH & FITNESS GOALS THIS YEAR!

The professionals at Courcier Clinic will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.

CALL 405.478.5333 TO SCHEDULE YOUR APPOINTMENT WITH COURCIER CLINIC TODAY!

Love Us?
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Scan the QR Code with your smartphone's camera to visit our Google Reviews page and tell the world about your experience!



Healthy Recipe Crockpot Beef-Vegetable Soup

INGREDIENTS

- 1 pound of ground beef (cooked) or cut up beef tips (uncooked)
- 32oz beef or vegetable broth
- 3cups mixed vegetables
- 1 cup riced cauliflower
- 1 can diced tomatoes
- 1 medium diced onion
- 1 diced stalk of celery
- 16oz water
- season with Mrs. Dash

DIRECTIONS

Add all ingredients to the Crockpot and cook on low for 6-8 hours.

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