



# ISR Physical Therapy Newsletter

## Houma

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*A Proactive Approach to Excellence in Health & Rehabilitation*

**AVOIDING ARTHRITIS THROUGH  
WEIGHT LOSS**

May, 2007

Research conducted by the Centers for Disease Control and Prevention on osteoarthritis shows that it does not take many extra pounds of body weight to make a person's joints feel the strain. Osteoarthritis is the wear-and-tear type of arthritis that can start in a patient's forties. According to the study of 120,000 healthy adults, each pound above healthy weight increases the risk of osteoarthritis by 10-15% in women and 5-10% in men. Put another way, just 20 extra pounds, if they raise the body mass index (BMI) above the normal 19 to 25, doubles the risk of osteoarthritis. Unfortunately, less than half of obese people with arthritis said that their physicians advised them to lose weight.

Losing weight reduces the stress put on your affected joints and can mean the difference between needing surgery or not. A weight loss of just 14 pounds means removing about 30 pounds of pressure. No matter how much excess weight or fat you have, if you want to lose weight permanently, your diet program should be directed toward a slow, steady weight loss. For more information about osteoarthritis, call ISR Physical Therapy.

P.S. Losing weight is a proven arthritis pain reliever, as is strength training.

[www.isrphysicaltherapy.com](http://www.isrphysicaltherapy.com)

***"No Excuses, Just Results!"***

***Early and Late  
Appointments now Available  
New Hours: 7am-6pm  
(Houma Location)***



Richard W. Bunch  
PhD, PT



Trevor D. Bardarson  
PT, OCS



Marc Cavallino MPT,  
OCS



Raymond Belisle PT

### **Fit Tips:**

Losing weight does not have to be a losing battle. It is not as complicated as it may seem. In order for your body to give up body fat you must create an energy deficit. It is simple: Energy in (calories/food) must be less than Energy out (calories used/exercise). A good place to start is to eat smaller portions throughout the day and to begin an exercise program. Contrary to popular diet fads, your body needs a good balance of carbohydrates, proteins, and fats.

Adding a brisk 30-minute walk to your day is a great way to begin an exercise program. Exercising regularly helps your body to use energy that is stored in the form of fats.

### **Move of the Month:**

#### **Brisk Walking**



Almost everyone can find 30-minutes a day to do something good for their bodies. Taking a brisk walk a minimum of 3 times per week has countless health benefits.

**“When I started coming to ISR, walking was a painful challenge. After 1 ½ months, Biking is no longer painful; I am excited and eager to get back to an active lifestyle.” H.**

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