

APC NEWS

Osteoarthritis OF THE SHOULDER

Overview

Osteoarthritis, also called degenerative arthritis, is a gradual breakdown of cartilage in the joints. Cartilage is a tough, flexible connective tissue that protects the ends of bones in the joints. Osteoarthritis of the shoulder can severely impact a person's lifestyle.

Causes and Risk Factors

Osteoarthritis commonly develops as a result of the wear and tear of aging. It also frequently results from traumatic injury to the joint. Osteoarthritis of the shoulder is more common in older people, in women, and in people who have occupations that place increased stress on the shoulder. People who have certain diseases, bone deformities or a genetic predisposition are also at a higher risk.

Progression

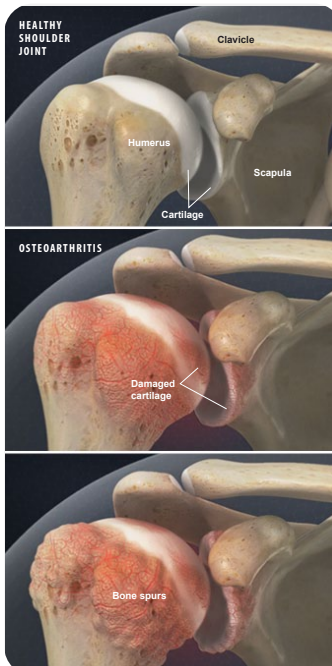
In a healthy shoulder, the head of the humerus is covered by a layer of cartilage. Healthy cartilage allows the bone to glide smoothly within the joint. But in a shoulder with osteoarthritis, this cartilage begins to deteriorate and wear away. Repetitive motion or injury may speed this deterioration. Eventually, the bone of the humerus may rub directly against the bone of the shoulder socket.

Bone Spur Formation

This rubbing can cause the gradual growth of bony bumps along the edge of the joint. These bumps, called bone spurs (or osteophytes), can cause joint pain.

Symptoms

Symptoms of osteoarthritis of the shoulder may include pain in the shoulder and arm. Movement may increase this pain. The shoulder may feel tender when pressure is applied. The person may experience a grating sensation when moving the arm. The shoulder may feel stiff, and this stiffness may interfere with the arm's range of motion.



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Treatment

Treatment options depend on the severity of the arthritis. At the Augusta Pain Center, various treatment options are available. In the early stages, the shoulder may be treated with non-steroidal anti-inflammatory medications, corticosteroid injections, and physical therapy. Other options include nerve blocks, radiofrequency ablation, and PRP (Platelet Rich Plasma) procedures utilizing fluoroscopic or ultrasound imaging as appropriate for each. If these treatments are not helpful and the shoulder continues to deteriorate, surgery may be required to repair or replace the joint.

2014 Swarm Interactive for www.AugustaPainCenter.com

To discuss treatment options and learn more about our diagnostic and state-of-the-art procedures, please call Augusta Pain Center at (706) 738-PAIN and make an appointment with one of our providers.

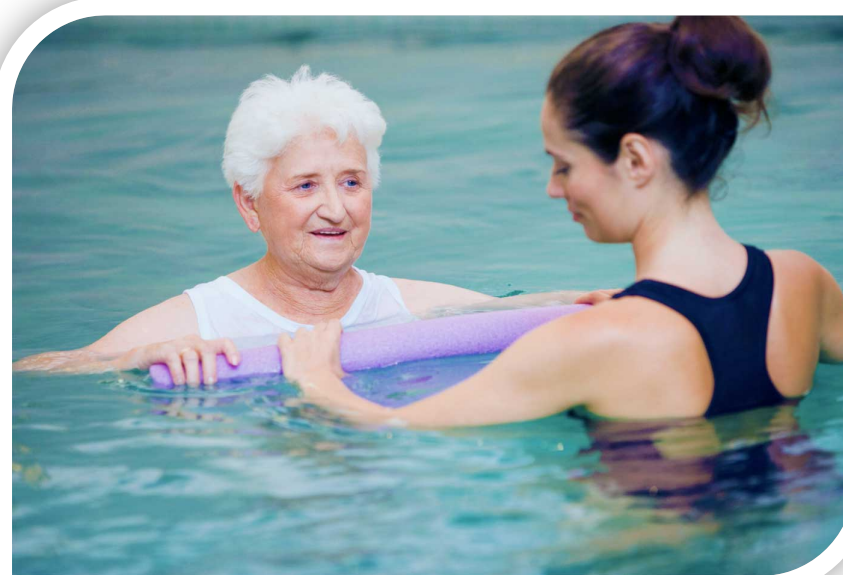
Aquatic Therapy:

Relax and Recover

When your daily life is affected by pain from conditions such as osteoarthritis, fibromyalgia, or lower back pain, exercise can be difficult. At Augusta Pain Center, we have an alternative to land exercise... Aquatic Therapy. Under the roof of the APC Epicenter is Georgialina Physical Therapy and our own indoor warm-water pool. While submerged in water, the natural buoyancy of the body can reduce gravity's pull, which can cushion stiff or painful joints. The natural resistance of the water forces patients to use their muscles in slow and gentle movements.

People living with osteoarthritis or fibromyalgia usually find that warm water soaking relaxes them and reduces their pain, and the same is true for lower back pain. The moist heat in the warm water can help lessen both stiffness and pain, and it also works to boost blood flow to the affected areas.

For more information, or to find out if aqua therapy can be beneficial for your condition, contact us to set up an appointment with an Augusta Pain Center provider at (706) 738-7246.



APC STAFF NEWS

Work Anniversaries

April Tysheika Adams- 5yrs, Jessica Davis, PA-C- 2yrs, Brooke Willis- 1yr

May Vickey Partlow- 6yrs, Wendy Carson-2yrs

June Richard Epter, M.D.- 16 yrs, Jessica Epter- 7yrs, Natasha Edwards- 3 yrs, Jeanine Wethal- 2 yrs, Dawn Neely- 1yr, Jessica Lewis- 1yr

Birthdays

April Carla Rivera 4/11, Wendy Guilfoyle-King 4/20

May Michael Hooker 5/11, Brooke Willis 5/12, Reven Smalls 5/28

June William Schiff, Psy.D. 6/18

NATIONAL NURSES WEEK

Celebrating Nurses Who Lead the Charge for Health and Wellness

May 6-12, 2017



THANK YOU

to our wonderful nurses at the Augusta Pain Center for the care and compassion you show our patients!

Chronic Pain Social Support Group

The goals of this group include providing support, validation, and education in basic pain management and life skills (i.e. medication, treatment types, etc.)

Meeting every 1st Friday 10:30a-11:30a & 3rd Monday 5:30p-6:30p
Please call to RSVP and check for cancellations.

8 THINGS

YOU DIDN'T KNOW ABOUT YOUR

SPINE

IF YOUR SPINE DIDN'T HAVE CURVES, IT WOULDN'T BE NEARLY AS STRONG AS IT IS.



The spine has an incredibly important job--to protect our body's nervous system!



About 10% of the population has a 6th lumbar vertebra.

AS WE AGE, THE SPACE BETWEEN OUR SPINAL DISCS GETS SMALLER. THIS IS WHY SOME PEOPLE LOSE AN INCH OR MORE IN HEIGHT!

IF IT WASN'T FOR YOUR SPINE, YOU WOULDN'T BE ABLE TO BEND, DANCE OR DRIVE A CAR.

The tailbone, also known as the coccyx, gets its name from resembling the beak of a cuckoo bird.



Humans are born with 33 spinal bones, but end up with 26 as adults.



THE #1 WORKERS DISABILITY CAUSE IS RELATED TO SPINAL INJURIES.

SOURCES:

wikipedia.org/wiki/Coccyx
<http://www.spinalcord.com/>
<http://www.spine-health.com/>



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Hours:

Monday - Thursday

7:00 am – 4:30 pm

Friday

8:00 am – 2:00 pm

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www.AugustaPainCenter.com

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APC in the Community

The Augusta Pain Center was honored to be a sponsor of the Empty Bowl 2017 fundraiser, benefitting the Golden Harvest Food Bank and the Augusta Jewish Community Center. The 16th annual event took place on March 5.

Pictured: Ryan and Carly Epter



The Augusta Charity Classic was held March 27, and APC was a proud sponsor of this event at Champions Retreat Golf Club. The tournament benefits the many Augusta Exchange Club charities of the CSRA.

Pictured:

Dr. Richard Epter, Wendy Epter, Raquel DeAngelo, Dr. Nicholas DeAngelo

