Southwest Supports Bone and Joint Decade

FOR PEOPLE AFFECTED by musculoskeletal disease, from arthritis to back pain, every step or simple handshake can become difficult and painful, making daily activities a burden instead of a joy.

That’s why Southwest Washington Medical Center offering plenty of educational programs in support of the Bone and Joint Decade, a worldwide initiative “to improve prevention of bone and joint disorders and to improve the quality of life for those affected.”

The initiative strives to raise awareness of musculoskeletal disorders, promote wellness and prevention, and advance research to improve prevention, diagnosis, and treatment. For Southwest, that means helping you, our neighbors and patients, learn how to manage your symptoms to put more joy back into your daily life.

According to www.USBDJ.org, the website for the United States Bone and Joint Decade, nearly one of every two US adults experiences restricted mobility due to musculoskeletal disorders including...
Members of Southwest’s Rehabilitation and Joint Journey programs staffing our booth included John Wisti, PT, Brett Lautt, PT, Rebecca Fritzler, PT, Linda Hayes, RN and Tena Tate, PT.

David Hayes, MD, (center) originated the idea of a reunion of past joint replacement patients. Dr. Hayes has a long history in Vancouver, having started his orthopedic practice in 1972.

Past patients and their families enjoyed a sunny day walk from Pearson Air Museum over the Land Bridge crossing Route 14 and back.

Stephen Southerland, MD, and Edward Sparling, MD, were among the orthopedic surgeons who participated in the walk. They had the chance to connect with former patients who are now living better without their arthritis pain.

Southwest Supports Bone and Joint Decade continued

arthritic, back pain, broken bones, trauma injuries, or osteoporosis. For those affected, the first steps to improving quality of life and mobility include an accurate diagnosis and a customized treatment plan.

If you or a family member is affected by one of the more than 100 forms of arthritis, you can take a step toward better health by attending an upcoming Arthritis Answers seminar at Southwest (see dates on back or go to www.swEvents.org). These free seminars provide valuable information that can help you learn how to regain your freedom from arthritis pain and put more joy back into your life. You will learn ways to manage pain and discover surgical and non-surgical treatment options.

For those of you suffering from back pain, discovering how to resolve your symptoms and heal your back can seem like a mystery. Southwest is making it easier to explore options for treatment, intervention, and recovery with our My Aching Back seminar.

Join us this year in celebrating the Bone and Joint Decade. Attend a class at Southwest. Learn how to manage your musculoskeletal disease. And reclaim the joy of living your life.
Is this arthritis?
How to know when your pain means something more

As we age, aches and pains often become a regular part of our daily lives. Sneaking in with those first gray hairs or fine lines, pain can slowly increase to become more than just a little annoyance, ultimately diminishing your joy of daily living. But how to know if your aches are actually arthritis?

Take this quiz inspired by the Arthritis Foundation to assess your symptoms. If you answer yes to one or more questions, you can turn to the health care professionals at Southwest for treatment and support.

1 Have you had pain, aching, stiffness, or swelling in or around a joint in the past 12 months?
2 Are your symptoms present for at least half the days in a typical month?
3 Do you have pain in your knee or hip when climbing stairs or walking 2-3 blocks on flat ground?
4 Are you limited in your activities because of joint symptoms like pain, stiffness, loss of motion?
5 Do you have difficulty standing up from an armless straight chair?
6 Do you have difficulty getting in and out of the car?
7 Does your knee or hip pain wake you at night?

Southwest has been an active partner with the Rebound Orthopedics and Neurosurgery practice for more than 40 years. In the 2000s, we worked together to create a new program – the **Joint Journey** – to make the seven steps of relieving knee and hip pain a better experience for our patients.

One of our joint replacement experts is Edward Sparling, MD. He has advanced training from the Joint Replacement Institute of Los Angeles’ Orthopedic Hospital along with education at University of California and the University of Arkansas. Dr. Sparling has been involved with research for hip resurfacing for the past decade. To learn more about the CONSERVE®Plus total hip system for younger and active individuals, find links at [www.swJointJourney.org](http://www.swJointJourney.org).
As spring approaches bringing with it longer days, more sunlight, and warmer temperatures, the earth and its inhabitants begin to stretch and move after hibernating during the cold, dark winter. This spring take a cue from Mother Earth and stretch yourself. Begin slowly by doing a few gentle stretches in bed when you first wake up in the morning. Then progress to a daily regimen of light stretches or yoga poses. Stretching increases flexibility, range of motion, and circulation while releasing endorphins, all of which can help ease the aches and pains of arthritis.

**Take action and feel better.**

Classes for Joint and Back Pain at Southwest

For class information or to register: [www.swEvents.org](http://www.swEvents.org) (keyword: arthritis) or call 360.514.2190

**Arthritis Answers:** relief from joint pain

Learn how to manage your arthritis symptoms and pain, and much more! Held monthly. **Upcoming dates:** February 24, March 24

**My Aching Back:** what are my options?

Learn how to get the best, most effective treatment for your back condition.

**Joint Journey Orientation Classes:** hip and knee

For patients scheduled for knee or hip replacement, learn how to be prepared for surgery and recovery. **Held weekly.**