Introduction to Arthritis

Physical Therapy in Bethesda and Olney for Arthritis

Welcome to the ISSA PHYSICAL THERAPY & WELLNESS's resource about arthritis.

Arthritis is one condition that can be incredibly debilitating to a sufferer of this disease. Arthritis can cause pain, inflammation, stiffness, limitation of movement, and can keep you from fully enjoying your life.

However, there is a light at the end of the tunnel!

This section of our site is designed with you, the Arthritis sufferer in mind. We want to be a resource for you, to provide you with the information and assistance you need in order to take control of your condition and let Arthritis know just who exactly is the boss.

There is no reason you shouldn't be able to do all of the activities that you love to do, whether it is dance, play a sport, lift your children or your grandchildren, or simply sit at the computer and update your Facebook status.

Arthritis doesn't have to kill your fun and if you work with us, we won't let it.

Click on a link to learn more:

Osteoarthritis

Rehabilitation

Rheumatoid Arthritis

Viral Arthritis

Psoriatic Arthritis

Gout

Research Articles