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Physical Therapists Hold the Answer When Supplements Do Not

ST PAUL, MN (April 24, 2007) - Despite widespread use, the supplement chondroitin does not appear to help a majority of individuals with hip and knee pain caused by osteoarthritis. According to the April 17, 2007 edition of *Annals of Internal Medicine* Stephan Reichenbach, MD and associates in Switzerland and Germany discovered that while previous meta-analyses described moderate to large benefits of chondroitin in patients with osteoarthritis, recent large-scale trials did not find evidence to support that theory.

"Fortunately," according to Dr. John Groves, President of Groves Physical Therapy (Groves PT), "there are alternatives." Dr. Groves said that by "using an innovative treatment approach consisting of manual physical therapy and specific exercise based on recent high quality research, patients with knee arthritis frequently report a 20-40% relief in their symptoms after only two or three sessions of manual physical therapy and exercise." He added that "these improvements are usually maintained for up to one year."

Similar results were observed in a recently published follow-on trial in patients with knee arthritis, Groves said. "At one year, patient improvements were maintained and patients who received a combination of manual physical therapy and exercise were less likely to be taking medications for their arthritis." "Evidence also suggests that patients with hip arthritis experience similar benefits from manual physical therapy and exercise," he added.

"The research is clear. Individuals with hip and knee arthritis should see their physical therapist first, before trying dietary supplements, prescription drugs, or surgery," suggested Dr. Groves. "A physical therapist can help you alleviate the pain in your knees and hips and show you how to prevent that pain from coming back." To read a synopsis of the study in "Annals of Internal Medicine," go to: www.annals.org and search for Vol. 146, No 8, 17 April 2007.

For more information about the benefits of physical therapy and how it can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit www.grovespt.com.

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About Groves Physical Therapy:

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: www.grovespt.com.