

# Paul D Maitino DO FAOAO Hip Knee Shoulder & sports medicine Oklahoma City OK

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## Physical Therapy

Physical therapy can be helpful in the management of Osteoarthritis (OA) and Rheumatoid Arthritis (RA). For example, a physical therapist may recommend:

- Isometric (“pushing”) exercises to help build muscle strength without subjecting inflamed joints to excessive wear
- Isotonic (“pulling”) exercises to further increase muscle strength and help preserve function
- Daily walking, using a cane or other assistive device as needed