



# Physical Therapy & Sports Medicine

by Alan Visnick, PT, OMT, L.A.T., C

*Director of Treatment*

## SPURS OF THE MOMENT

Bone spurs (osteophytes) are benign, bony protrusions that usually form on joints as the body's compensating reaction to abnormal forces. Additionally, bone spurs may be brought on by arthritis, which causes cartilage to wear away, bones to rub against each other, and bone spurs to develop. Osteophytes may protrude into adjacent soft tissues or break off and float in the space within joints, resulting in swelling and reduced range of motion. Treating bone spurs involves addressing the underlying cause, which may range from excess weight and bad posture to old athletic injuries. Aside from resting, icing, and stretching the affected area, physical therapy exercises may help restore range of motion in joints and improve posture (to reduce pressure on nerves).

If you're suffering from bone spurs - whatever the cause - then you need to call Orthopaedics Plus for an appointment today. Our friendly orthopaedic manual therapists provide hands-on care for our patients. We will work with you and your doctor to create a regimen designed to meet your unique needs, whether your bone spurs come from arthritis or a high school football injury. We can also help you recover from an auto accident, work injury, fall, or surgery. And remember that you have the right to choose your therapy facility - because training and experience make a difference! Call us today to learn more.

P.S. Bone spurs in the spine may lead to narrowing of the spinal canal (stenosis), which can exert pressure on nerves, leading to muscle weakness, tingling, pain, and loss of coordination.

**One of Greater Boston's  
Premier Orthopaedic  
Manual Physical Therapy  
Practices for over  
20 years.**

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