AktivCoast HEALTHCARE

July 2026 Newsletter

Thank you for being part of the Aktiv Coast Healthcare community! We're excited to share what's happening this month, from upcoming events to a valuable five-minute read. We promise you it's time a few helpful tips and handouts we mentioned along the way!

Whether you're a member, a friend, or just curious about what we do, we appreciate everyone who shows it with friends and family! Your support helps us grow, and we don't take it for granted. If you could refer a friend, we'd be so grateful. Let's keep moving together!

Thankful —The Aktiv Coast Healthcare Team

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Community Involvement:
Women's Member Guest Charity Tournament

We're proud to support the upcoming Women's Member Guest Charity Tournament at Beaches Golf Club. Here's a quick look at what's ahead:

It's a fun, low-key way for us to get involved, we set up a booth on one of the holes, chat with the players as they come through their round, answer any muscle, joint, or nerve-related health questions and there are usually prizes, and hand out some information.

This year, the tournament is supporting Transgender International of South Africa, a local organization that's been working with Beaches Golf Club on inclusive programs and events.

Community Involvement Part 2:
Successful Barrels to Beaches Festival

A huge **Thank you** to everyone who came by our booth at the **Barrels to Beaches Festival!** It was a fantastic day filled with great conversations, community spirit, and plenty of smiles. We loved meeting you all and sharing a little more about what we do and how we help people live pain-free and stay active and enjoy life.

Congratulations to our lucky prize winner, who took home their choice of **a complimentary Initial Assessment & Treatment** or **a Deep Tissue Massage**! We hope they enjoying enjoying their prize!

Events like these are a great reminder of what matters our community so special. Thank you to everyone who came out to support the festival! We're proud to be a part of this community and we're looking forward to more connections, more conversations, and more ways to give back next year!

Clinicians' Corner:
Hand Arthritis: Small Joints, Big Impact!

Do your hands feel stiff, swollen, or "stuck" — especially first thing in the morning? Hand arthritis affects more than just the joints it affects how you live your daily life. Hand arthritis is quite common, and because we use our hands for nearly everything, even small changes can have a big impact on daily life.

Here's the good news: hand arthritis is manageable, and there's more you can do than you think. **With hand arthritis, the goal isn't just to reduce pain, it's to keep your hands strong, so you can fully enjoy life with Aktiv Coast Healthcare!** Many of our patients are surprised by the results they achieve with hand therapy, and we'd love to help you strong and feeling your best.

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What Causes Hand OA?

While hand use over time can be a factor, especially in certain occupations, it really because the fingers aren't weight-bearing joints, everyday wear isn't the main culprit.

Hand arthritis is shaped far more by:

Genetics — if your parents or grandparents had prominent finger bumps, you're more likely to develop them too

Body-wide inflammation — the general inflammatory "load" in your body plays a major role in joint health

The natural aging of cartilage — over time, our ability to repair joint cartilage gradually declines

Understanding this matters, because it means the solution isn't simply "rest your hands more." It's about supporting your joints and calming inflammation through a smart, gentle approach.

But if the Arthritis is Already There, Why Does Treatment Help?

The pain from hand arthritis comes largely from **inflammation and swelling in the lining of the joint**, not simply from the joint changes themselves. In fact, the cartilage in the joint doesn't even hurt, it's the surrounding tissue that does. The pain and stiffness comes from the surrounding tissue becoming inflamed and sore, which increases pressure in the joint and limits movement.

A Combined Approach Works Best

We find the most lasting results come from combining complementary strategies rather than relying on any single treatment. Here's what helps most:

Class IV Laser Therapy

Learn more here: https://www.aktivcoasthealthcare.com/laser-class-iv-laser-therapy/

Gentle Self-Traction

Daily Hand Exercises

Ice and Joint Protection

Nutritional Support

Want to Learn More? We've Made It Easy

Our full blog article goes deeper into each of these topics — including how hand therapy works, what to expect from your first visit, and how to know if you're a good fit for home exercise routine, and the warning signs that mean it's time to see a provider.

We've also created a **free, printable Hand Osteoarthritis handout** — a complete guide you can keep for yourself or pass along to friends and family who might benefit. Inside, you'll find the exercises we recommend, the signs that it's time to see a provider, and more.

Download the Free Hand OA Handout PDF on our blog page.

Download Here

A Real Patient Success Story

D.R., a patient from Tsawwassen, came in as with near complete pain and soreness throughout both hands. Most prominent at the index fingers. The discomfort was a 7 out of 10 and was affecting his ability to work and to do everyday activities, contain coffee and swelling across all the fingers on each hand.

The swelling and pain significantly limited his ability to grip or grip objects, and his sleep was being disrupted by the pain. After a few weeks of hand therapy, the index fingers where gripping certain objects, the diagnosis of osteoarthritis was confirmed on X-ray.

Perhaps most telling of all the progress was enough that it heavily motivated him to exercise, other climates each week just to find some relief. But end of the adjustment that showed just how much hand arthritis can affect everyday living.

Setting Honest Expectations

As we mentioned earlier in this newsletter, we never want to over promise, every situation is different, and results vary. But what we can share is that most people who visit Aktiv Coast in hand therapy might be worth trying, since many patients do find meaningful relief. The pain was straightforward: treatment three times per week for about a month, with 10 minutes of home exercises applied to each hand.

The Results

D.R.'s response was faster than we expected.

He noticed considerably less stiffness **even after the very first visit**, and his pain and swelling started improving within the first few weeks. By the end of the month, he was down to a mild soreness in the index finger only, and he felt that he had believed to be maximum therapeutic benefit.

At discharge, D.R. had almost no hand discomfort when gripping and was genuinely amazed at the results. His hand range of motion had improved dramatically as well.

The photo above shows the hands at the beginning of the treatment. The swelling in the index finger will be so prevalent, the whole the index finger and the hand looks very symptomatic.

Day One: the movement was painful, and range of motion was limited.

Week Five: there was no pain, and his range of motion was dramatically improved.

The Takeaway

Chances are, you know someone, a parent, a friend, a coworker, who's been dealing with hand pain for years and has just accepted it as part of life. If this article helped **forward this newsletter or share our resources with anyone who might benefit.** A simple share could be the nudge that helps someone reclaim comfort and independence in their hands.

Curious whether this applies to you or someone you love? Our team is always happy to help.

Read Here Today

Adventure of the Month:
Elk Mountain, Chilliwack

A forest-to-ridge adventure near Chilliwack

This is a fun trail that starts in a super messy forest and they're easy up a couple of hours later, sets an open ridge with the entire Fraser Valley beneath your feet. If you're looking for a hike that feels like a real reward for the effort, Elk Mountain in Chilliwack is a hike might be just what you're looking for.

Why we love it

Elk is the first summit along the Thurston ridge, part of the North Cascades a short distance east of Chilliwack. It's a very enjoyable hike with a steady but never brutal climb through forest and open ridge. The trail is well-maintained, the views are impressive with control-group views as you reach the first ridge.

The best part, for us, is the accessibility. You don't have to fight the Sea-to-Sky traffic or drive all the way to Squamish. From most of the Fraser Valley, you're looking at around 60 minutes, so you've got a great alpine outlet on your first day.

What the hike is like

From the trailhead, you move through mossy, mature beautiful second-growth forest. The path is wide and well-maintained early on, and becomes steeper as it gains the ridge.

There's no exposed scrambling or technical terrain. The main challenge is simply time and elevation. Just take your time, especially on your way down. Most people finish in roughly 4 hours round trip, depending on fitness and how long they linger at the summit. Dogs are welcome, but bring a leash and pick up after them. Ticks are the better with Washington. We happily lingered up there for a good while and it's worth packing the snacks. Bring a jacket, even in summer, the ridge can be windy and cool.

Facing Elk Mountain, Chilliwack, Thurston ridge, Fraser Valley, Cascade Mountains, Hiking trail, Hiking, Hiking Trail, Hiking Trail, Hiking Trail