



**MAY 2026**  
www.cantrellcenter.com

# Cantrell Corner

*The Cantrell Center Newsletter*

NATIONAL  
**ARTHRITIS**  
awareness month  
• may •

*Refresh, Renew, & Support  
your Joints...*

*...With Comfort Care, and Arthritis Awareness*

May is Arthritis Awareness Month-- a time to raise awareness about a condition that affects millions of people of all ages. Arthritis can impact daily movement and comfort, but with the right knowledge, support, and care, individuals can continue to live active, fulfilling lives. This month, we're highlighting ways to better understand joint health and take proactive steps toward relief and prevention.

## Living Well with Arthritis

Exercise is especially important for people with arthritis because it helps reduce pain, improve movement, and increase overall well-being. Even moderate, consistent activity—rather than intense workouts—can strengthen muscles, support joints, boost energy, improve sleep, and help maintain a healthy weight.

A balanced arthritis exercise program typically includes:

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**FEATURED RUN/WALK  
EVENTS**

- Range-of-motion exercises to reduce stiffness and keep joints flexible
- Strengthening exercises to build muscles that support joints
- Aerobic exercise (like walking or swimming) to improve heart health and energy
- Balance and mindful movement exercises (like yoga or tai chi) to improve stability and relaxation

Low-impact activities are recommended, especially for weight-bearing joints. Aim for about 150 minutes of moderate aerobic activity per week, but even small amounts help.

To protect joints, start slowly, warm up, use heat before and ice after exercise if needed, and avoid pushing through sharp pain. Daily activities like walking or yard work also count as exercise.

While some mild discomfort is normal at first, ongoing or worsening pain may mean you're overdoing it. During arthritis flare-ups, gentler movement—like range-of-motion exercises or water-based activity—is still beneficial.

## ARTHRITIS Q & A WITH DONNA AMOS



Meet Donna Amos, Certified Arthritis Foundation Instructor

*Question: Is it safe for me to exercise?*

**Yes—but before starting any new wellness routine, it's best to consult your physician. Discuss your goals and the results you hope to achieve.**

*Question: What should I do if exercise causes pain?*

**Exercise should not cause pain. Before starting, move your joints through their full range of motion (ROM), which is the natural, unforced movement of each joint.**

For example, begin with your arms at your sides and slowly raise them forward and upward to a level that feels comfortable. You may feel a gentle stretch, but not pain. Pain is your body's signal that something isn't right, so it's important to respect it. If you feel pain at a certain point, stop, lower your arms, and next time only lift to just before that point. Over time, this approach can help improve your range of motion (ROM). The goal is to safely maintain and gradually increase your overall mobility.

The Arthritis Foundation also recommends the "2-Hour Pain Rule": while mild muscle soreness after exercise is normal, joint pain that lasts two hours or more afterward is a sign that you should reduce the intensity or duration of your next session.

*Question: How much exercise should I do?*

**The amount and type of exercise for people with arthritis should be decided together with a healthcare provider. Those with severe joint damage or muscle weakness should consult a physical therapist or another healthcare provider for guidance on exercises outside of a class setting.**

*Question: What if I get tired easily?*

Fatigue is a common effect of arthritis, especially in conditions like fibromyalgia, rheumatoid arthritis, and lupus. It's important to recognize your limits and adjust activity based on how active the disease is—doing less during flare-ups and resting more when needed. Even during a flare, you can still exercise other parts of your body if only one joint is affected, but avoid overworking it. Rest means taking breaks to recover, not necessarily sleeping more. Managing fatigue can be challenging, so listening to your body is key: rest when needed, but keep moving regularly since movement helps overall health. Even on difficult days, movement is medicine and it's FREE and you have control over it. Staying socially and physically engaged—like attending an exercise class at your own pace—can be beneficial. Participate only as much as you are comfortable with and enjoy building friendships with others in similar circumstances.

*Question: Can exercise actually reduce my pain and stiffness?*

Pain and stiffness can discourage exercise, but avoiding activity often makes joints more stiff and painful over time. Regular exercise helps keep bones, muscles, and joints healthy, slows disease progression, and improves flexibility, strength, balance, coordination, and cardiovascular health. It may also boost self-image and self-esteem.

## How Can We Help? "We think your health & fitness is a personal thing... and we treat it accordingly!"

We proudly offer the Arthritis Foundation Aquatic Program (AFAP) right here at the Cantrell Wellness Center!

Our arthritis class is intended for those with arthritis or other physical conditions that call for low-intensity pool exercise. In this class, Arthritis Foundation Certified Instructor, Donna Amos, leads range-of-motion exercises that keep the joints fluid and moving. Donna knows the benefits of exercise because she's battled rheumatoid arthritis for several decades.

If you've never tried out this class before, give us a call at (478) 333-6777 to see if you're eligible for 2 free visits!



## Employee Anniversaries



**Mili Hansee**  
Housekeeping  
3<sup>rd</sup> Anniversary (Since returning)



**Linda Bratcher, MPT**  
Physical Therapist  
21<sup>st</sup> Anniversary



**Erin Bennett, PTA**  
Physical Therapy Assistant  
27<sup>th</sup> Anniversary



**Jamie Lochner, DPT, PRC**  
Physical Therapist  
17<sup>th</sup> Anniversary



## SUNSHINE'S MISSION TO WOL BILINGUAL BIBLE PROGRAM IN ARGENTINA

To donate, just scan the **QR Code** below to be directed to Sunshine's Go Fund Me Page OR you can make **CASH** or **CHECK** donations at the front desk.

gofundme

Scan to donate to Sunshine's fundraiser  
"My Mission to WOL Bilingual Bible Program in Argentina"



Thank you for being part of this adventure and for helping her answer this call to serve.

## UPCOMING CLOSURE

The Cantrell Center for Physical Therapy & Wellness will be **CLOSED** on **Monday, May 25th** in observance of Memorial Day.

We will resume regular business hours on **Tuesday, May 26th**.



Cantrell Center  
PHYSICAL THERAPY • WELLNESS

# KEEP MOVING MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum. We want you to KEEP moving!!

### Georgia 5K Run/Walk for Breast Cancer

Saturday, May 9th @ 8:00 AM in Macon, GA



Join us for a family-friendly run/walk event for participants of all fitness levels! The Georgia 5K Run/Walk for Breast Cancer, a professionally timed event, takes place in beautiful Macon, Georgia. Support GAABC's mission to raise vital funds and expand our reach in the fight against breast cancer. Be part of this exciting community event and help make a lasting impact by participating.

### The Great Bacon Race 5K and 1-mile Fun Run

Saturday, May 9th @ 8:00 AM in Macon, GA



Join us for a lively, high-energy course that unites our community! All the money raised will support Traffick Jam, a nonprofit dedicated to raising awareness about sex trafficking among Georgia's youth. Participants will enjoy a well-marked 3.1-mile run or walk through Mercer's stunning campus, complete with music and water stations.

Get a head start on other upcoming run/walk events by browsing these online calendars: [Macon Tracks](#), [Run Georgia](#), [Running in the USA](#), [Active.com](#).