

Removing Barriers to Movement

April is recognized as National Move More Month, a time dedicated to encouraging individuals of all ages to increase their physical activity and prioritize movement as a key component of overall health. Regular movement supports cardiovascular health, strengthens muscles and bones, improves flexibility, and enhances mental well-being. However, for many individuals living with chronic pain conditions such as diabetic peripheral neuropathy (DPN), postherpetic neuralgia (PHN), rheumatoid arthritis (RA), or osteoporosis, staying active can be a significant challenge.

Innovative therapies are helping to bridge this gap between pain and movement. One such advancement is Qutenza (capsaicin) 8%, offered at Sage Infusion. Qutenza is a prescription-strength topical treatment designed to relieve nerve pain associated with both DPN and PHN. Applied by a healthcare professional, this capsaicin-based patch works by targeting pain receptors in the skin, ultimately reducing nerve pain signals. Clinical data shows that a single application can provide relief for up to three months, helping patients regain comfort and improve mobility.

By addressing chronic nerve pain, Qutenza plays an important role in supporting National Move More Month. When pain is reduced, patients are better able to walk, exercise, and participate in daily activities that promote healthier lifestyles. This improvement in function not only enhances physical health but also contributes to emotional well-being and independence.

Sage Infusion further supports movement and quality of life through a comprehensive range of infusion therapies for chronic inflammatory and bone conditions. For patients with rheumatoid arthritis and similar autoimmune diseases, medications such as Actemra, Remicade, Skyrizi, Tremfya, and Orencia are commonly used. These therapies are classified as disease-modifying anti-rheumatic drugs (DMARDs),



which work by targeting the immune system to reduce inflammation and slow disease progression. By controlling joint pain and stiffness, these treatments enable patients to remain active and engaged in physical activity.

In addition, Sage Infusion offers treatments for osteoporosis, including Prolia, Evenity, and Reclast. These medications help strengthen bones, reduce fracture risk, and support long-term mobility. Stronger bones and improved joint health are essential for maintaining an active lifestyle, especially as individuals age.

Through the use of these advanced therapies, Sage Infusion plays a vital role in promoting the goals of National Move More Month. By reducing pain, improving joint function, and enhancing bone strength, patients are empowered to move more freely and confidently.

Ultimately, National Move More Month is not just about exercise—it is about removing barriers to movement. With innovative treatments like Qutenza and a wide range of infusion therapies, Sage Infusion is helping patients overcome chronic conditions and embrace healthier, more active lives. When pain is managed effectively, movement becomes possible—and with movement comes improved health, independence, and quality of life.