

ARTHRITIS AWARENESS

HEALTH CARE OBSERVANCE



Arthritis Awareness Month

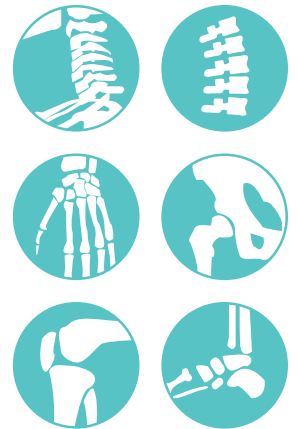
Arthritis Treatments for Anywhere on Your Body

Arthritis cannot be cured but that doesn't mean you have to tolerate the severe pain. Learn about which treatments can help wherever you have arthritis.

Find the Remedy for Your Arthritis Area

Arthritis can be painful and diminish the quality of life for those who suffer from it. While it can be a nuisance, there are a number of ways to treat arthritis and relieve pain – helping people get back to enjoying the things they love most.

Always check with your physician for the best treatment for your individual condition. Here are a few tips to help relieve arthritis pain when it flares up in different areas of the body.



Feet

Plantar fasciitis – an inflammation of the tissue connecting the heel and toes – is usually a result of being overweight, spending too much time on your feet, having flat or high arches, or wearing unsupportive shoes.

<http://www.webmd.com/arthritis/understanding-plantar-fasciitis-basics>

Treatment #1:

Walking with arthritis and/or plantar fasciitis can be painful, but it's also one of the most effective therapies. When walking, wear supportive shoes or use insoles that can help support your arch.

<http://www.arthritis.org/about-arthritis/where-it-hurts/foot-heel-and-toe-pain/treatment/heel-pain-arthritis.php>

Treatment #2:

If it's too difficult to start walking right away, try gentle seated stretches. Slowly flex your toes and feet, holding the stretch for several seconds. Perform at least 10 repetitions.

Wrists & Hands

Each hand contains 27 bones and each wrist contains 8 bones – making them complex structures. Over time, arthritis sufferers lose cartilage and bones rub against each other without a smooth surface to buffer the movement. When arthritis sets in on the wrists and hands, performing simple, everyday tasks can become painful.

<https://en.wikipedia.org/wiki/Hand>

<http://orthoinfo.aaos.org/topic.cfm?topic=a00218>

Treatment #1:

A wrist splint can help support joints at night.

Treatment #2:

Range of motion exercises can be done a few times each day. Start slow with a few repetitions once per day, then build to 10 repetitions over time.

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Hips

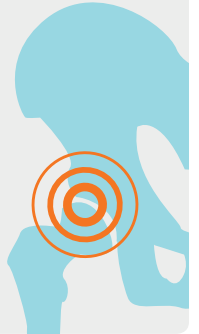
While many arthritis sufferers often consider hip replacement surgery when the pain becomes unbearable, there are non-surgical treatments that can help delay or eliminate the need for surgery.

Treatment #1:

Lifestyle changes such as losing weight and engaging in gentle forms of exercise can help reduce arthritis pain.

Treatment #2:

Stretch your hip joints to alleviate arthritis pain. Begin by lying on your back, then slowly raise one bent knee towards your chest until you feel it begin to stretch.



Knees

Arthritic knees can compromise a person's ability to bend, walk, run, climb, or do any number of essential functions.



Treatment #1:

Weight loss has been shown to reduce pain in patients who are overweight.

Treatment #2:

If you enjoy high-impact sports or activities such as running or sports that require a lot of fast, sudden movements make the switch to more low-impact forms of activity, such as swimming and cycling.

<http://orthoinfo.aaos.org/topic.cfm?topic=a00212>

Back

Both osteoarthritis and rheumatoid arthritis can cause an erosion of the cartilage or inflammation of the joints in the spine. The result is back pain that can make doing even simple activities a chore.



Treatment #1:

Heat and cold therapy have been proven to reduce back pain more effectively than over-the-counter pain medications. Heating pads, heating packs, and warm baths are most suitable.

<http://www.arthritis.org/about-arthritis/types/back-pain/articles/back-pain-tips.php>

Treatment #2:

Water-based therapy in a heated pool can help strengthen back muscles.

Neck

Cervical arthritis (as well as natural aging) can lead to the degeneration in vertebrae of your neck. This condition results in pain, muscle fatigue, stiffness, headaches, and even a compromised sense of balance.



Treatment #1:

Unlike other forms of arthritis, neck arthritis responds better to strength training, which may improve your range of motion and reduce pain. To alleviate neck pain from arthritis, tie an elastic resistance band to a stationary object. Keeping your neck, shoulders, and back straight, pull against the band by slowly leaning your head forward approximately 12 inches.

<http://www.arthritis.org/living-with-arthritis/exercise/workouts/simple-routines/neck-pain-exercises.php>

Treatment #2:

Beyond strength training and doing exercises with dumbbells and resistance bands, yoga can be a gentle form of exercise that can help alleviate pain from arthritis in the neck.

505-424-9099

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