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Your Local Physiotherapy Clinic

10 Top Tips

For Arthritis Pain Relief



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Arthritis pain feel like a forever problem? Great news! You can use our 10 effective arthritis pain relief tips from arthritis experts and make your life with arthritis easier.

1. Protect your joints. Move your joints and avoid staying in the same position for a prolonged period of time. Balance your rest and work throughout the day. Use the strongest joints available for the job.

2. Stretch. Stretching should be part of every arthritis patient's daily routine. A good stretch helps prevent injuries by warming up muscles and tendons which are more limber and less likely to tear. Spend at least 10 minutes each day stretching, and work each major muscle group.

3. Cool down after physical activity. Rest in a cool/shaded environment. Spray with a mist of cool water or wrap an ice pack or cold compress in a towel and apply to reduce arthritis pain and swelling.

4. Get moving. Exercise can help reduce joint pain and stiffness and increases flexibility and muscle strength. It can also help with weight control, stress management, and make you feel better overall. Water Aerobics or Swimming are great sources of exercise.

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5 Get Physiotherapy treatment. Physio can relieve pain, soothe stiff sore muscles, reduce inflammation and swelling.

6 Keep a healthy weight. Being overweight, even moderately, impacts weightbearing joints and can increase the pain of arthritis. Studies have indicated that losing extra weight lowers the risk for developing osteoarthritis of the knee. Losing weight can help slow the progression of arthritis too.

7 Seek Medical Advice. If you are experiencing symptoms like pain, stiffness, swelling for more than 1 week, you should consider seeing your doctor and getting a diagnosis. Remember that there are more than 100 types of arthritis. It is important to get the specific diagnosis for the type of arthritis you have.

8 Take your medication. Don't stop taking your medication just because you feel it is not working. It may take several days to several months for a medication to become effective. If there's no progress contact your doctor.

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9 Look out for new options. New treatment's are readily available for osteoarthritis, rheumatoid arthritis and other arthritis diseases. If you feel that the current medication doesn't work well, check with your doctor about possible new options.

10 Keep educating yourself. It is important to learn something new about arthritis. Why not sign up to our newsletter for latest news, tips and advice? Click Here to Sign Up Never hesitate to see your physiotherapist or doctor and ask questions.

We hope you found our 10 top tips for Arthritis Pain Relief useful and begin to find some ease on your Arthitis Symptoms.

Worried about your arthritis or joint pain?

Book an Initial Consultation with Niamh now!

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Email: contact@kilkennyphysiotherapy.ie

Visit Website: www.kilkennyphysiotherapy.ie

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