

How to properly Care for your Joints to avoid Arthritis

People have yet to appreciate the number of common joint problems and their impact on their body's ability to move and function. Joint problems may cause reduced freedom and also loss of range of motion. The number of individuals diagnosed with arthritis along with other bone and joint conditions rises day by day.

- Joint difficulties affect more than 400 million people worldwide, and complaints of back aches are the most common cause of workplace absenteeism.
- Osteoarthritis in knee and hip joints is the most common joint issue affecting older persons.
- With this in mind, it's timely and employed to draw attention to the need for every person to care for their joints.



Joint Injury as Well as Bone Conditions Aren't Limited to Seniors

Today, many young people suffer knee injuries in sports or via accident or trauma. Teens and young adults engaging in high-impact sports and activities such as soccer, football and skateboarding often shrug off their injuries and take them lightly. Unfortunately, these injuries are likely to cause problems with function and mobility in the short-term, and as they age.

What can be Done to Abate the Bone and Joint Disease?

We can look at this from a large and micro perspective. While osteoarthritis is the bane of middle and past due age, traffic accidents, trauma and fractures can be prevented by action at the appropriate political level. Protective measures such as wearing seat belts inside autos, or protective gear for sports and routines may help prevent such injuries.

Individuals can Postpone Joint Problems Through:

Regular exercise Putting your joints through a full range of movement each day - this is all that's needed for general joint health Avoid weight gain Learn to be able to differentiate between the pain of overuse and disease. Any **joint pain** lasting for multiple hour after exercise is not overuse discomfort, but may signify a personal injury or perhaps medical condition Use the largest shared suitable for any muscular effort.

The Benefits of Early Diagnosis

The earlier the diagnosis is made, the better are the chances to keep diseases such as arthritis or weak bones in check, as well as supplying the ability to advise on mitigating its effect," says Dr. A.K. Venkatachalam from Madras Joint Replacement Center in Chennai, India. "Such conditions can not be entirely cured, but medicines and surgery can offer lasting pain relief and improve quality of life."

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Protect Your Joints

Exercise helps to relieve pain, improve circulation, tone up muscles and keep you fit, as well as improving an overall sense of well being. Your doctor can show you different types of exercise useful for your particular situation. Power running, hiking, swimming and cycling are exercises which don't place severe weight load on your knees and are easy to do. If you have any ligament problems, your doctor can advise on specific exercises. Exercises don't aggravate knee pain, as many people fear.

Healthy Eating and Drinking Habits

Cut down on fast foods that offer little nutrition. Fruits and vegetables, whole grain cereals, and milk protect your muscles and joints. A diet rich in vitamins C, D & E promote joint health. Most forms of these ingredients are available in fruits, dairy products and vegetables. There are no dietary restrictions for most form of arthritis except for Gout, where red meat is restricted. Diet doesn't lead to aggravation of joint signs and symptoms as many people complain.

The Cause of Your Symptom is Indeed a Genuine One, then Early Treatment can be Acquired

Misalignment of the knee, ligament damage, cartilage holes, and obesity are treatable. A great osteotomy can correct misalignment. Arthroscopic surgery can provide some amelioration of symptoms in early cases of joint wear. Finally, when cartilage destruction is advanced, a partial or total knee replacement may be needed.

- Summary, joint problems are rife amongst the population and should have your own immediate attention.
- Appointment with your physiotherapist, physician or orthopedic surgeon will be better than self medication and also treatment.

Our center focuses primarily on Knee, Hip, and Shoulder Surgery. We treat local, national, and international patients along with all types of joint disorders at the Madras Joint Replacement Center by Dr.A.K.Venkatachalam.

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