

Arthritis Relief-Are There Any Choices?

Arthritis is the leading cause of disability in people over the age of 65. Arthritis is a word with a Greek origin: arthro-, joint + -itis, inflammation; plural: arthritides) and gathers a group of conditions where the joints of the body are being damaged. Since we spoke of a group of conditions you will have understood that there are many forms of arthritis, each of which has a different cause. Arthritis is almost always synonymous with pain, and the patient simply moves less (elderly) or refuses to use the affected limb (children). All persons affected by the disease will tell you how troublesome and painful it is to live with. Fortunately there are some things that one can do to find a little respite, a little arthritis relief. We will go over some of them and maybe you can find and pinpoint which one of these would be the best arthritis relief for you: Water therapy - Do not be mistaken in thinking that this therapy involves the drinking of much water. (although it is a fact that a well hydrated joint will cause less troubles). This arthritis relief involves some sort of aerobic exercises but the class takes place in the swimming pool, immersed in water. As we all know that in water a lot of the weight is compensated by the water pressure, you will be able to do all of the movements required with ease and grace. Drugs (no, not those kind of drugs , we're talking medication here) - Unavoidably there will be instances where you can no longer tolerate the pain and nothing you try seems to lessen it. In those times, your best option will be to ask your doctor for appropriate medication. Don't go for steroids though, but other than that follow the advice of your doctor in regards to medication for arthritis relief. Heat - through time, the application of heat through compresses has been a time tested remedy for this kind of pain. Modern versions of the heat compresses are infra red rays or sauna or hot baths, but also good old water bottles and cherry pip cushions are great for applying heat and thereby relief to the affected areas. Heat works like a miracle in arthritis relief. A good understanding with your doctor, be it your family physician or your specialist - first lets be clear about something: if you want you can use the over-the counter medicines. Be careful though not to over medicate yourself. When in doubt, consult your doctor and go over all the symptoms and problems that you are experiencing with him/her. Even doctors agree to some alternative medicines. As long as they are proven to get you that arthritis relief you are looking for. Exercise is great for arthritis relief, we already talked about the water therapy, but you can also get your exercise by walking for instance. If you don't like to go out you can even use a treadmill. Although there is no immediate and permanent cure for arthritis, for arthritis relief you have a lot of options available. Just pick the ones that are most helpful to yourself and - very important - check with your doctor regularly.

About the Author

Activities and membership are dedicated to the promotion of the profession of marriage and family therapy and the advancement of practice.

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