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"treating the cause of your problem, not just the symptoms"

“Osteoarthritis”

What is it?

Osteoarthritis is the most common form of arthritis in the Canada and the United States, affecting an estimated 21 million adults in the US alone. Osteoarthritis begins with the breakdown of joint cartilage, resulting in pain and stiffness. It commonly affects the joints of the fingers, knees, hips, and spine. Other joints affected less frequently include the wrists, elbows, shoulders, and ankles. When osteoarthritis is found in a less-frequently affected joint, there is usually a history of injury or unusual stress to that joint. Work-related repetitive injury and physical trauma may contribute to the development of osteoarthritis.

Possible Causes

Improper Joint Alignment
Repetitive Movement
Trauma/Injury
Age Related
Obesity
Hereditary Gene Defects
Secondary to Other Disease

The Chiropractic Solution

Chiropractic care has become a major treatment choice for patients suffering with osteoarthritis. Research has shown that the chiropractic adjustment increases range of motion, restores normal movement of the spine, relaxes associated musculature, improves joint coordination, and reduces pain. Chiropractors are committed to diagnosing such a degenerative condition at an early stage and taking the necessary steps to get the suffering patients well. Thus preventing further degeneration and loss of joint mobility. Therefore it is no surprise that with such a proactive approach, conservative chiropractic care is now being considered an effective supplemental treatment for individuals with osteoarthritis.

Chiropractic Treatment

In the treatment of such a progressive condition like osteoarthritis the goal of the chiropractor is to relieve symptoms, maintain mobility, and minimize disability. The method of care in my office consists of electrical therapy (aka Interferential Current) and

gentle chiropractic adjustments, complemented by significant lifestyle modifications. Once the spine's alignment is improved through chiropractic adjustments, the joint will have a great deal of stress removed from it. This results in a more freely movable joint and usually a great reduction in symptoms. There is also a decrease in the rate of spinal degeneration and pressure irritation of the nerves in that area. Chiropractors may also recommend a regimen of appropriate exercises, rehabilitative stretching, and supplements of glucosamine/chondroitin/MSM in addition to chiropractic manipulation. If you have any questions in regards to how a chiropractor can help you with your arthritic joints, feel free to call me at my office directly (250-378-5456).