

Arthritis

Diagnosis: Arthritis

Arthritis refers to inflammation of the joints, leading to pain, stiffness, and decreased mobility. The most common types include osteoarthritis (wear-and-tear joint damage) and inflammatory arthritis (such as rheumatoid arthritis). Treatment focuses on pain management, joint protection, and maintaining function through exercise and lifestyle modifications.

Specific Work Modifications for Your Job:

- Avoid prolonged standing or repetitive joint movements that cause pain.
- Use ergonomic supports (e.g., wrist rests, lumbar support, or cushioned footwear).
- Take frequent breaks to stretch and change positions.
- If your job requires heavy lifting, consider assistive devices or modifications.
- If desk-based, use an adjustable chair and keep your workstation at an optimal height to reduce joint strain.

Specific Activity Modifications for Your Hobbies:

- **Low-impact alternatives:** Replace high-impact activities like running or jumping with swimming, cycling, or yoga.
- **Joint protection techniques:** Use proper form and supportive gear for activities like weightlifting or playing an instrument.
- **Avoid prolonged gripping or repetitive strain:** If gaming, playing an instrument, or crafting, take breaks and use ergonomic tools.
- **Use warm-up and cool-down routines** before and after physical activity to prevent stiffness.

Recommended Supplements:

- **Glucosamine & Chondroitin (1500 mg/1200 mg daily)** - May support cartilage health.
- **Turmeric/Curcumin (500-1000 mg daily with black pepper)** - Anti-inflammatory properties.
- **Omega-3 Fatty Acids (1000-2000 mg daily)** - Helps reduce joint inflammation.
- **Vitamin D3 (800-2000 IU daily)** - Supports bone and joint health.

Recommended Nutrition and Hydration:

- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), nuts, seeds, and leafy greens.
- **Collagen-rich foods:** Bone broth, chicken skin, eggs, and berries.

- **Limit processed foods and sugars:** These can worsen inflammation.
- **Hydration:** Drink **at least 2-3 liters of water daily** to keep joints lubricated.

Home Exercise Prescription:

- **Joint mobility exercises:** Perform gentle range-of-motion movements daily to maintain flexibility.
- **Strength training:** Low-resistance exercises like bodyweight squats, resistance band exercises, or water-based workouts.
- **Low-impact cardio:** Walking, swimming, or cycling 3-5x per week.
- **Stretching:** Yoga or targeted stretches to maintain flexibility (e.g., hamstring stretches, wrist stretches).
- **Hand Arthritis:** Finger stretches, squeezing a stress ball, or warm water exercises.

Helpful Books:

1. Arthritis: What Exercises Work by Dava Sobel & Joan Liebmann-Smith - Guides effective exercises for joint pain relief.
2. The First Year: Rheumatoid Arthritis by M.E.A. McNeil - A helpful resource for managing inflammatory arthritis.

Contact our clinic or return and ask for Dr. Jason if you have any questions.