

## Our purpose:

At **best practice chiropractic** our purpose is to help as many families as possible achieve optimal health by providing advice, giving chiropractic treatment and encourage a physically active life.

A dedicated strategy to achieve the best possible joint and muscle function throughout life can minimise the development of osteoarthritis and reduce the compromises of the disease.

# LIVE WELL WITH ARTHRITIS



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# Either you have it – or you'll get it !

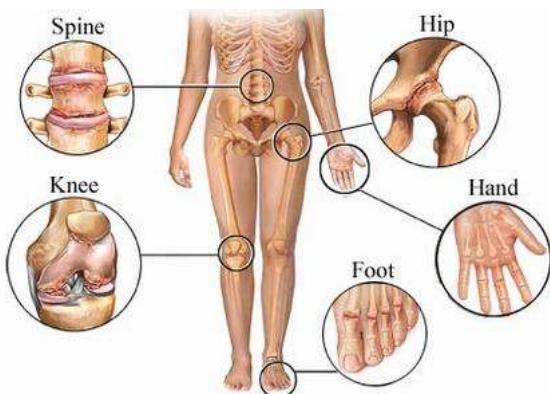
If you don't already have osteoarthritis, it is almost a certainty that you will get it. Statistics show that about half the population have it at 40 years of age and that almost everyone over 60 is affected by it.

Osteoarthritis is a chronic disease, which is characterised by gradual damage and destruction of the joint cartilage.

Symptoms of osteoarthritis vary depending of the joint it affects.

## Common symptoms:

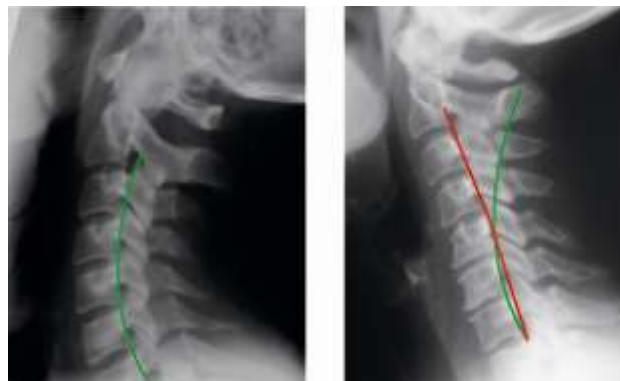
- **Acute locking and stiffness of the neck or lower back.**
- **Headaches**
- **Back and neck pain**
- **Pain and stiffness in the affected joint (hip, knee, toes and fingers).**



## HOW IS OSTEOARTHRITIS DIAGNOSED?

The diagnosis is made on the basis of an X-Ray examination. The appearance of cartilage thinning and the formation of bone changes is indicative of the disease. It is not possible to see the earliest changes of osteoarthritis on an X-Ray but we know that abnormal curves of the spine and abnormal joint position already within a few weeks begin to affect the cartilage adversely.

In addition to an X-Ray examination the complete assessment should also include a clinical examination where effects on nerves or other problems can be identified.



## TREATMENT OPTIONS

There are two types of treatment for osteoarthritis. One is symptom based whereas the other is focussed on treatment of the disease itself.

## Symptom based

Symptom based treatment involves most commonly either pain killing anti-inflammatory medication (Aspirin, Ibuprofen, Diclofenac Sodium, Naproxen) or joint injections (steroids). For more advanced disease the treatments involve either burning of the nerves (denervation) or joint replacement surgery.

The side effects of anti-inflammatory medication can be stomach ulcers and long term use can cause an acceleration of the osteoarthritis itself.

## Disease focussed treatment

It is clear that a treatment approach, which aims to maintain the joints' normal function and thereby delays the advancement of the disease process is to be preferred. Treatment should combine the following:

- **Correction of the restricted joints with chiropractic treatment**
- **Massage**
- **Stretching & Exercise**
- **Glucosamine sulphate**

The above treatment as a 'package' is an effective strategy aiming not only to minimise or remove pain, but also to achieve the best possible function of joints and muscles, and help prevent setbacks.