What helps with Osteoarthritis?

To ensure that joint cartilage does not continue to break down, it is important that you stay active. Too much pressure and strain should not be placed on your joints. Depending on the joint that hurts, different sports are good. With knee and hip osteoarthritis, for example swimming or bicycling is good.

In addition, there are other ways to ease the pain and to keep joints moving. These include hot packs. Or special exercises to strengthen muscles.

Although Osteoarthritis is not curable, there are medications for the pain. They are called Non-steroidal Anti-inflammatory Drugs (NSAIDs).

NSAIDs are very effective against Osteoarthritis. But they can upset the stomach. Talk to your Doctor before you take NSAIDs. Maybe you need another medication to protect your stomach. Particularly, if you have already had an ulcer.

NSAIDS and other pain medications should not be taken all the time. If you do not have arthritic pain for a while you should stop taking your pain medications.
Osteoarthritis – What is it?

Osteoarthritis is an illness of the joints. Each joint is covered with cartilage. When the cartilage is damaged, this is called Osteoarthritis.

Osteoarthritis is most often found in knee and hip joints. And it is often found in fingers.

Where does the pain come from?

The joint cartilage must always be lubricated. This provides the joint with nutrients so that it can move easily. The lubricant is called joint fluid. It is created in the joint.

The more you move, the better the joint is lubricated. If it is not well lubricated, or is strained too much, it can develop cracks and break down. Sadly, cartilage that is destroyed cannot grow back.

The joint with the damaged cartilage starts to hurt at some point. At first it is not a constant pain but more of a stabbing or dull pain. The joints only hurt every once in a while, if they are under a lot of strain. For example in the morning when you get up out of bed. Or when you go down stairs.

Later your joints always hurt when you use them. And one day the pain is always there. Even, if you are not using the joints.

The older you are, the more likely it is that you will get Osteoarthritis. Because the cartilage wears down. But younger people can also get Osteoarthritis. A possible cause is, for example, being overweight. Because this puts a lot of strain on the hips and knees.

A lack of movement can also result in Osteoarthritis. But extreme sports can also hurt cartilage. Because this often puts one-sided strain on individual joints.

Your Doctor told you that you have Osteoarthritis. Here is some information for you to better understand this illness.

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