



“JOINT PAIN AND ARTHRITIS”

There are several different types of arthritis but broadly speaking they can be split into osteoarthritis and inflammatory arthropathies.

Osteoarthritis is when the cartilage that lines the joints becomes damaged and the joint space becomes narrow. Extra bone can also form which can affect the mechanics of the joint. This type of arthritis can develop if there has been abnormal stress through the joint or significant or recurrent injuries to a particular joint. However, it can also occur without an obvious reason. It tends to affect the weight bearing joints – hips and knees and also the hands.

Inflammatory arthropathy is a generic name to cover a few different types of arthritis e.g. rheumatoid arthritis and gout. With an inflammatory arthritis the synovium or joint lining becomes inflamed and this can ultimately damage the joint. It is common to have several joints that are affected with an inflammatory arthropathy.

Not all joint pain means you have arthritis and even if you do have arthritis there are a lot of things that you can do to help yourself. A diagnosis is made by a collection of signs and symptoms and in some cases an x-ray and/or blood test. With both forms of arthritis the treatment aim is to protect the joints. This can be done by keeping the joints mobile and strong. When people have pain, their muscles weaken because of inhibition and lack of use and this will ultimately make the pain worse. So it is important to have a collection of specific exercises that will help you protect your joints.

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If you have any specific questions about arthritis, joint pain or any other medical treatment please contact us on **0870 2000 878** or reception@puresportsmed.com