

# As We Grow Older - Managing Arthritis

Commonly referred to as wear and tear, everyone can expect to experience some impact of wear and tear as they age. How they will be affected can depend on a number of factors:

## Living with an Aging Body - Osteoarthritis

- Previous injuries
- Occupational strains
- Body type/ genetic make-up
- Excessive Weight
- Poor Diet
- Level of general fitness

It is also fair to say that in a mild form it can be little more of an inconvenience, but in more severe cases it can be a crippling and debilitating condition.

## General Advice – Managing Moderate Arthritis

### Do

Keep active, but pace yourself, split jobs into bite-sized chunks, it may be frustrating, but quite often it is just that extra 15 minutes that puts your back out.

Make sure that you stretch out gently but often. A regular programme of simple stretches can be useful.

Keep fit, muscle strength is important in controlling the balance and stability of worn joints.

Eat well; fresh cooked foods will obviously contain more nutrients than processed packet foods. Refined carbohydrates (sugars) do not help inflammation.

Make sure that you consult your G.P. medications are changing all the time.  
If you prefer to avoid medications that is your choice but do keep mobile.

### Don't

Slouch in front of the telly for long periods.

Exist on a diet of snacks and ready meals.

Expect to finish long jobs in one sitting.  
You may still feel like a twenty one year old...

Keep old chairs and beds when they are past it – you need adequate support. Which means a well-sprung chair that fits snugly against your back, supports your arms and head.

The latest evidence suggests that Glucosamine and Chondroitin supplements are not effective. Though there may be a growing case for Vitamin D3 supplements.

Regular check ups with your Osteopath can help to keep you more mobile and feeling better.

See our other handouts including:

Risk factors for Low Back Pain  
Hot & Cold Treatment for Inflammation  
Osteopathic Strain Patterns  
How to Choose a Chair

