

# SHIRLEY RD CHIROPRACTIC

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## Arthritis

There are over 100 different types of arthritis. They are broadly categorised into degenerative and inflammatory. Degenerative arthritis is by far the most common and is known as the "wear and tear" arthritis. Degenerative arthritis is also commonly referred to as osteoarthritis, degenerative joint disease (DJD), spondylosis and/or spondylitis.

Damage to joints in osteoarthritis (wear and tear) occurs due to:

1. Repetitive, high, localised stress as a result of poor or uneven load distribution.
2. Sustained immobilisation of a joint (this is very common and most people are unaware that one or two vertebrae of the spine are immobile, as other vertebrae are actually working harder).

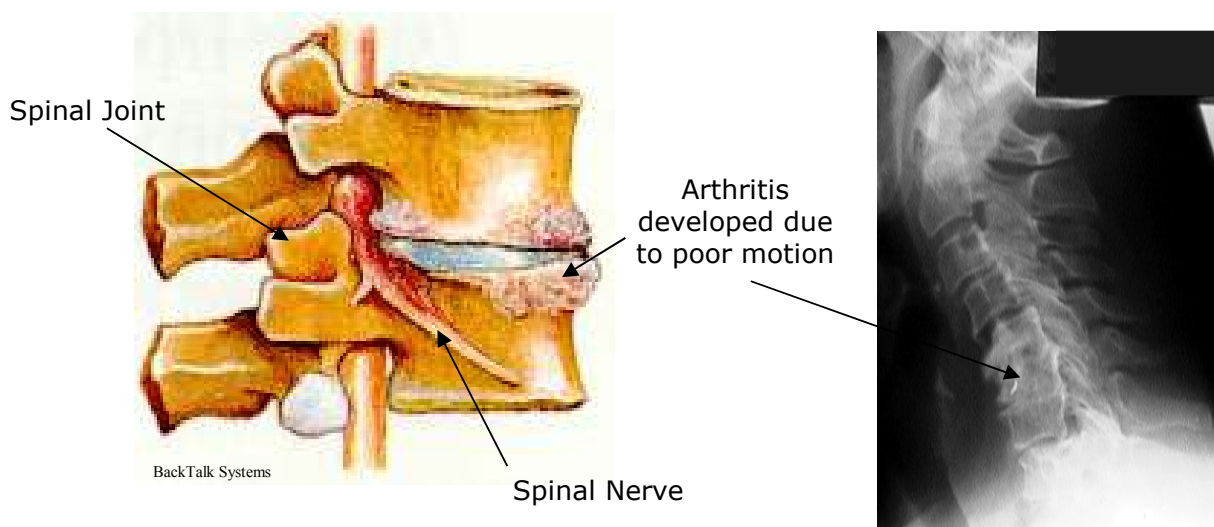
Abnormal movement in a joint can result in degeneration, by increasing the wear and tear on an otherwise normal healthy joint. With continued abnormal movement, damage occurs faster than the body can repair itself. Once the joint has reached this injury state, normal forces of daily living will continue the injury process.

Arthritis used to be thought of as a disease of old age, but has more recently been found to begin its initially painless course in the 30s, 20s or even younger. Joints commonly affected include the neck, low back, knees, hips, fingers and toes.

An unhealthy spinal joint is characterised by the following:

- Altered joint movement (stiffness)
- Neurological irritation (pins and needles, numbness)
- Altered muscle function (tightness, spasm)
- Tissue and chemical changes (inflammation)

Many people unnecessarily suffer from degenerative joint disease because they don't know what to do about it.



Moving arthritic joints is highly beneficial - assuming that it does not create excessive pain! If we don't exercise them, they can permanently freeze up.

- *Water Workouts* - the buoyancy of water can help you move stiff joints without gravity's weight-bearing pressure
- *The Bicycle Exercise* - lying in a reclined position and "riding a bike" can take the burden off the sensitive hip and knee joints
- *Walking* - if it doesn't cause pain, it is a great way to keep joints from seizing up
- *Pilates, Yoga, Tai-Chi or Low-Impact aerobics* - any exercise that doesn't put excessive stress on the joints can help build up muscle strength and keep ligaments and tendons flexible enough to give the joints the support they need
- *Joint supplements* (glucosamine and chondroitin sulphate) should be taken together for maximum effectiveness to preserve and restore the deteriorating joint cartilage associated with arthritis

### **Glucosamine sulphate in arthritis**

- Glucosamine sulphate has been shown to reduce osteoarthritis symptoms and to do so without side effects in human clinical trials for back pain and other joints
- There is evidence that glucosamine sulphate is as effective, or more effective, as NSAIDs (non-steroidal anti-inflammatory drugs) for symptoms of osteoarthritis, without the nasty side effects
- In all studies, the safety of glucosamine sulphate has been reported.

### **Chondroitin sulphate modifies the degenerative change in osteoarthritis**

- In a study reported in the Journal of Rheumatology, a population of arthritic patients were divided into two groups; the group receiving anti-inflammatory drugs had more immediate relief of pain, but the pain returned soon after stopping the drug.
- The group receiving chondroitin sulphate, on the other hand, experienced pain relief that took a little longer to manifest, but the relief lasted up to 3 months after discontinuation of treatment.
- In another study, chondroitin sulphate proved to be more effective on cellular events of inflammation than indomethacin and ibuprofen (anti-inflammatory drugs), without the dangerous side effects on stomach platelets, and kidney function that is seen with NSAID use.
- Chondroitin sulphate plays a major role in maintaining the structural integrity of the cartilage. As cartilage continues to degrade through inflammatory events, chondroitin sulphate:
  - Provides the substrate for repair
  - Stimulates proteoglycan production by cartilage cells
  - Inhibits cartilage pain mediator production
  - Inhibits extracellular proteases involved in the metabolism of connective tissue
  - In bone, it accelerates bone mineralisation and repair

### **Repair Mechanisms in Osteoarthritis**

- These positive findings for glucosamine sulphate and chondroitin sulphate demonstrate that Chondrosamine Joint Food or Chondro Caps are useful supplements, to support those individuals with both chronic inflammatory and degenerative joint conditions
- They are also highly effective additions to the nutritional support of those individuals who wish to

maintain healthy joints throughout their lifespan or who may have a family history of arthritis

- For further information regarding arthritis and references for the above material please visit our website.

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