

# *Joint Disease/ Osteoarthritis Degenerative*

## **SYMPTOMS:**

- ◆ GRADUAL AND SUBTLE ONSET OF DEEP ACHING JOINT PAIN
- ◆ WORSE AFTER EXERCISE OR WEIGHT BEARING
- ◆ OFTEN RELIEVED BY REST
- ◆ JOINT SWELLING
- ◆ LIMITED MOVEMENT
- ◆ MORNING STIFFNESS
- ◆ GRATING OF THE JOINT WITH MOTION
- ◆ JOINT PAIN IN RAINY WEATHER
- ◆ THERE MAY BE NO SYMPTOMS

## *Definition*

*One of the oldest, and most common types of arthritis. It is characterized by the breakdown of the joint's cartilage. Cartilage is the part of the joint that cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Most commonly affecting middle-aged and older people, osteoarthritis can range from very mild to very severe. It affects hands and weight-bearing joints such as knees, hips, feet and the back.*

## **TREATMENT**

Chiropractic care works on relieving symptoms and minimizing complications associated with osteoarthritis. To see if chiropractic may be able to help you call (951) 808-0954 today for a complimentary consultation.

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