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May is Arthritis Awareness Month - Summary

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OVERVIEW

If you experience any arthritis symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

Arthritis Awareness Month shines a spotlight on the impact of arthritis – the leading cause of disability in the United States. Affecting nearly 60 million Americans of all ages, arthritis is not a single disease but a term that covers over 100 different conditions involving joint pain, stiffness, and inflammation. Arthritis is most common in women and older adults, but it can affect anyone, including children. Symptoms often include joint swelling, pain, stiffness, & reduced range of motion, which can range from mild to debilitating. Over time, arthritis can cause chronic pain, make everyday activities like walking and climbing stairs difficult, & may even lead to permanent joint damage. Arthritis can also impact vital organs like the heart, lungs, kidneys, and eyes. The Arthritis Foundation leads efforts to raise awareness, educate the public and support those with this painful & life-altering condition.

THE ROLE OF CHIROPRACTIC CARE IN TREATING ARTHRITIS

Chiropractic care can be an important part of managing arthritis, especially for those with osteoarthritis. By improving joint alignment and mobility, chiropractic treatments help reduce inflammation and pain, enabling patients to stay active and potentially rely less on pain medications. While chiropractic care is not a cure for arthritis, it can serve as a valuable component of a holistic, supportive approach to managing symptoms and improving quality of life. Chiropractic physicians offer relief for arthritis through a variety of techniques focused on improving joint function, reducing pain, and enhancing overall mobility. Key approaches include: Manual Manipulation, Soft Tissue Therapy and Acupuncture.

What are arthritis symptoms and signs?



Joint pain.



Stiffness or reduced range of motion.



Swelling (inflammation).



Skin discoloration.



Tenderness or sensitivity to touch around a joint.



A feeling of heat or warmth near your joints

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