

SPINE HEALTH NEWSLETTER - APRIL 2011

BROUGHT TO YOU BY: WM. BRIAN KARABINOS, DC

UNDERSTANDING OSTEOARTHRITIS: THE MOST COMMON FORM OF ARTHRITIS

Osteoarthritis, also known as degenerative joint disease, affects up to 30 million Americans, mostly women and usually those over 45 or 50 years of age. The goal of any osteoarthritis treatment plan is to increase the strength of the joints, relieve pain, improve or maintain joint movement, and reduce the debilitating effects of the disease.

CERVICAL OSTEOARTHRITIS (NECK ARTHRITIS)

Just as in the lumbar spine, the facet joints in the cervical spine can degenerate and lead to **arthritis in the neck**. Many terms are used interchangeably to refer to **cervical osteoarthritis**, including cervical spondylosis, degenerative joint disease or simply neck arthritis.

Treatments for cervical osteoarthritis are usually nonsurgical and may include one or a combination of the following:

- Rest when the pain is severe
- Non-steroidal anti-inflammatory drugs (NSAIDs),



such as ibuprofen (e.g. Advil), naproxen (e.g. Aleve) or COX-2 inhibitors (e.g. Celebrex) to relieve the pain from the inflammation that usually accompanies the arthritis

- Traction and/or chiropractic manipulations to help control chronic symptoms or provide relief for more severe episodes of pain from osteoarthritis

ABOUT DR. KARABINOS

Dr. Karabinos' desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities, Dr. Karabinos continually researches, attends seminars & classes to learn and incorporate the latest breakthroughs of chiropractic treatment to HOLME CIRCLE CHIROPRACTIC.

Visit Dr. Karabinos' profile on Spine-Health.com to learn about his latest treatments and his special offers for new and returning patients.

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

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Learn more about cervical osteoarthritis and other nonsurgical treatments:

<http://www.spine-health.com/conditions/arthritis/cervical-osteoarthritis-neck-arthritis>

SPONDYLOSIS: WHAT IT ACTUALLY MEANS

Spondylosis refers to a condition where there is degeneration of the spine. It could describe degeneration in the neck (*cervical spondylosis*) or degeneration in the lower back (*lumbar spondylosis*). Patients are often confused by the term because, like many other spine terms, doctors tend to use the term spondylosis differently. For example, doctors may use the term in any of the following ways:

- To refer to general back pain in which there is degeneration of the spine but no known cause of back pain
- As an “umbrella” term to describe any patient who has both degeneration of the spine and lower back pain

Read about other ways doctors use the term and the importance of looking for the pain generator:

<http://www.spine-health.com/conditions/back-pain/spondylosis-what-it-actually-means>

OSTEOARTHRITIS OVERVIEW

For many, osteoarthritis pain may become markedly worse over time or with specific activities.

Characteristic signs and symptoms of osteoarthritis include:

- **Inflexibility.** Patients may experience loss of full range of motion in the affected joint.
- **Soreness.** The joint may feel tender to touch or with slight pressure.

Read about other symptoms, causes, diagnosis and treatments:

<http://www.earthrishealth.com/types-arthritis/osteoarthritis/osteoarthritis-overview>

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