

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.

Take an in-depth look into osteoarthritis and its treatment options in this month's newsletter.

OSTEOARTHRITIS OVERVIEW

For many, osteoarthritis pain may become markedly worse over time or with specific activities. Characteristic signs and symptoms of osteoarthritis include:

Stiffness. A common marker of osteoarthritis is stiffness in the joint that is most pronounced first thing in the morning, or after a prolonged period of inactivity (such as sitting in a car or airplane). The stiffness usually resolves within 30 minutes of light activity, as the joints "warm up" through gentle movement.

Pain. Another common symptom is pain in the joint that worsens during or after too much movement.

The pain may be experienced as dull and aching, or sharp and piercing. In the most severe cases of osteoarthritis, patients may also feel



pain when the joints are at rest or only moving slightly.

Soreness. The joint may feel tender to touch or with slight pressure.

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Qualifications

Graduated From: Pennsylvania College of Chiropractic

Years in Practice: 20

Treatments

- Cervical traction
- Chiropractic adjustment
- Chiropractic care
- Cryotherapy
- Distraction
- Electrical stimulation therapy
- Intersegmental table traction
- Inversion table therapy
- Nutritional Guidance
- Repetitive stress injury therapy
- Spinal manipulation
- Therapeutic massage
- Ultrasound

"In my office, all my patients receive personal care. To me, they are family."

Inflexibility. Patients may experience loss of full range of motion in the affected joint.

Read about other symptoms, causes, diagnosis and treatments:

<http://www.earthritishealth.com/types/osteoarthritis/osteoarthritis-symptoms-and-signs>

SPONDYLOSIS: WHAT IT ACTUALLY MEANS

Spondylosis refers to a situation 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>

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

Learn more about cervical osteoarthritis and treatment options:

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

SPECIAL OFFER: NEW PATIENTS RECEIVE A FREE THERAPEUTIC MASSAGE

Contact Dr. Karabinos
to learn more or schedule an appointment
(215) 708-0657

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