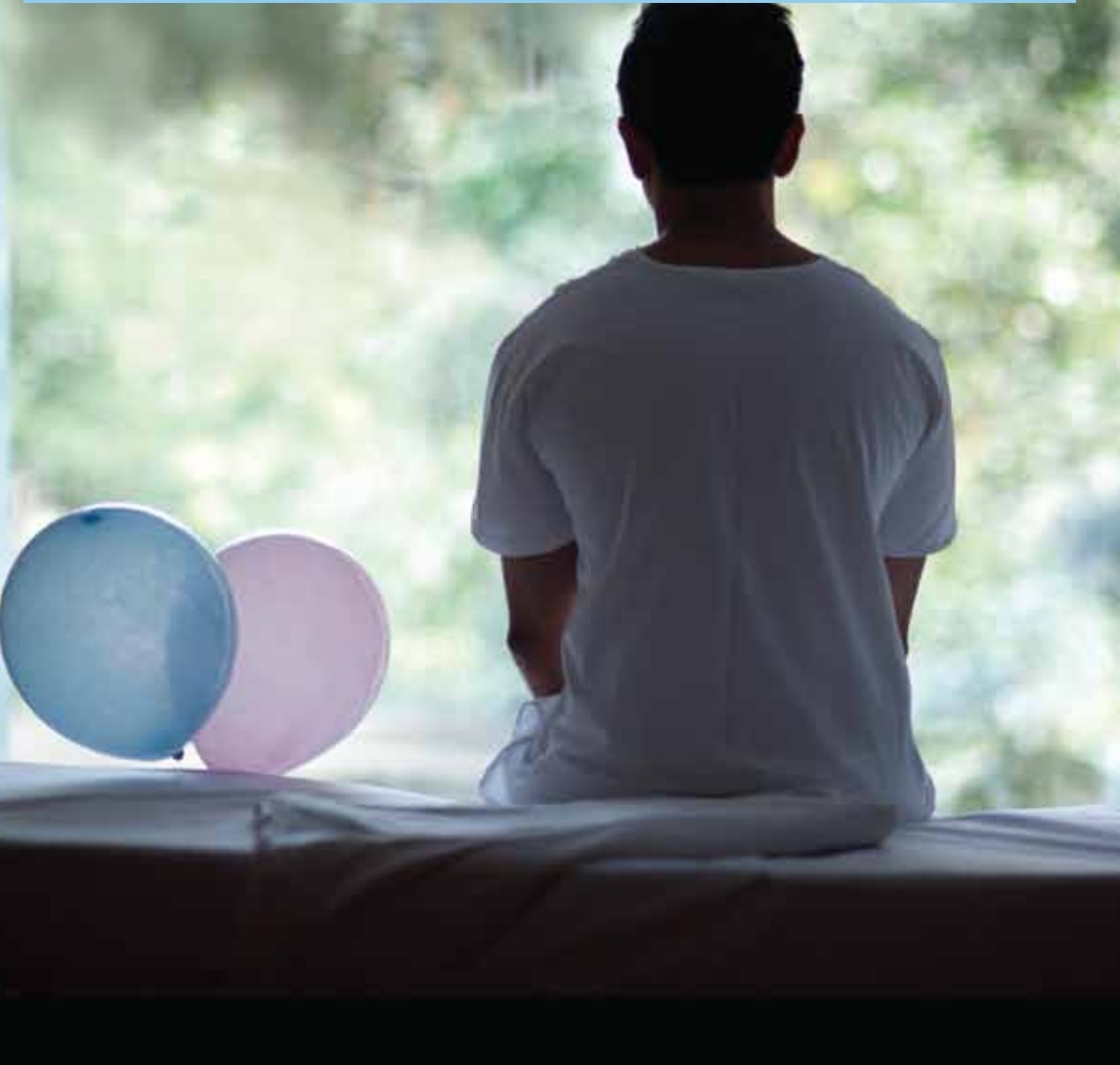


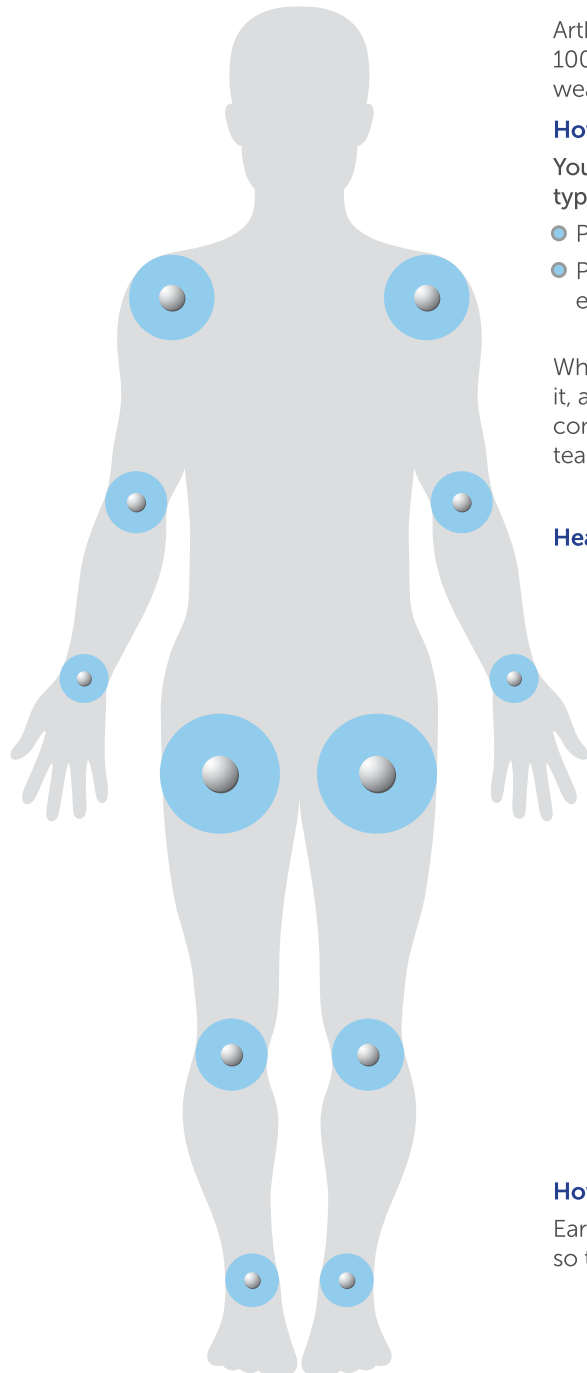


# ARTHRITIS

GETTING BEYOND THE PAIN



# A positive approach to Arthritis



Arthritis is a common disease affecting the joints. Although there are over 100 types of arthritis, the most common is osteoarthritis, which is caused by wear and tear of the joints.

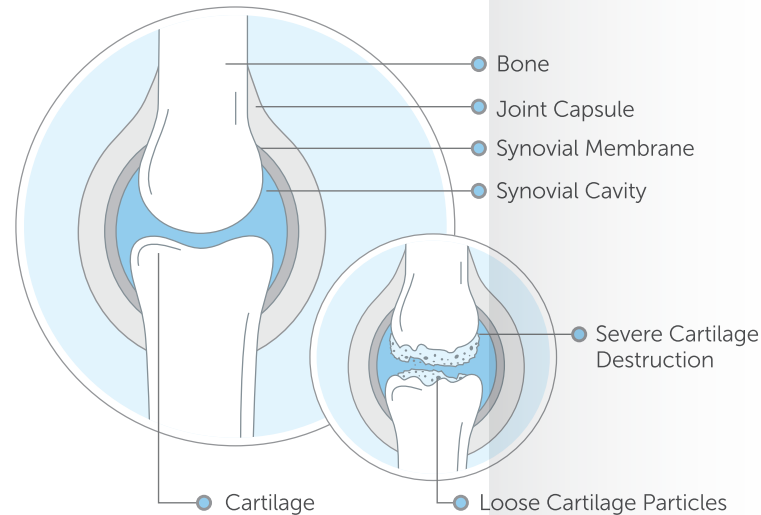
### How do you diagnose Arthritis?

Your doctor will be able to diagnose and suggest the ideal treatment for your type of arthritis. Visit a doctor if these signs recur:

- Pain, tenderness or swelling in one or more joints
- Persistent pain and stiffness in the neck, lower back, knees and other joints especially while getting up

While your family practitioner may be the first to notice arthritis and even treat it, an Orthopaedic surgeon will be able to decide if surgery is needed. If your condition is serious, also see a rheumatologist. A Physiotherapist is needed to teach you exercises to help keep your joints working, especially post a surgery.

### Healthy Bone



### How can you prevent and treat Arthritis?

Early diagnosis can control the condition and make its treatment more effective so that you can continue to lead a normal life.



1

### WEIGHT LOSS

Extra weight puts additional strain on your knees and hips. This increases the risk of, and can aggravate osteoarthritis. It also increases the risk of gout, high blood pressure (BP) and diabetes. That's why maintaining an ideal body weight is good way to prevent and manage arthritis.

2

### MEDICATION

Medication helps by reducing pain and inflammation, but you must consult your doctor about side effects and the use of any prescribed drugs. There is no proof but alternative medicine like home remedies, herbs and natural supplements are often used along with your normal treatment. As long as these are cleared by your doctors safe, and do not interfere with your prescribed medication, you can explore alternative medication too.

3

### PHYSIOTHERAPY

The team of Physiotherapists works closely with the Orthopaedic Surgeons to ensure early mobilization and rehabilitation of patients with musculo-skeletal disorders/dysfunctions. After the discharge from IPD the patient is asked to come on OPD basis for their complete Rehabilitation after surgery.

Sport is a vital part in an individual's lifestyle today. It provides

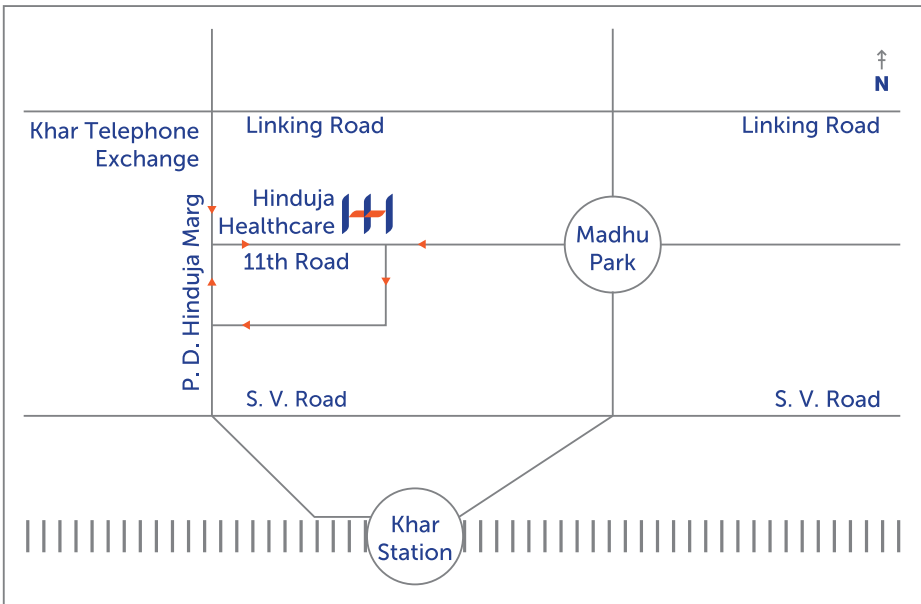
exercise, social contact, relaxation, competition and promotes good health. It may also cause injuries, many of which can be prevented. Many common injuries like ligament sprains and tears, muscles and tendon strains, joint injuries, overuse injuries and stress fractures etc are prevented and treated with physiotherapy.

### Living with Arthritis

Arthritis is not the end of a normal life, you do not need to stop your regular activities.

In fact, exercise is an essential part of your treatment. As long as you don't force an arthritic joint to work intensely or erratically. Your physiotherapist or trainer can teach you the correct exercises and their technique.

Not all types of arthritis have a known cause, nor is it necessarily inherited. Just because one of your parents has Arthritis, you don't have to suffer from it. More importantly, with a little care and guidance from your doctor, you can manage this condition.



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