



The Clinic NEWSLETTER for Eastbourne Chiropractic Clinic

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ARTHRITIS

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ARTHRITIS is inflammation of one or more joints, which results in pain, swelling, stiffness and limited movement. There are over 100 different types with the two most common being **OSTEOARTHRITIS** and **RHEUMATOID ARTHRITIS** but there are other relatively common types as well: psoriatic arthritis, ankylosing spondylitis, septic arthritis, and gout.

Arthritis is the leading cause of disability in people over the age of 55 and affects at least 8.5 million people in Britain. Rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis are autoimmune diseases where the body attacks itself and are more commonly seen in younger people. Septic arthritis is caused by joint infection and can be either viral or bacterial. Gout is a metabolic condition which is caused by crystals being deposited in the joints.

Arthritis involves the breakdown of cartilage. Cartilage normally protects the joint by allowing smooth movement and absorbing shock when pressure is placed on the joint, for example, when walking or running. Without the usual amount of cartilage, the bones rub together causing pain, swelling and stiffness. With some injuries and diseases the inflammation does not go away leading to joint destruction, long term pain and deformity. This is then chronic arthritis.

OSTEOARTHRITIS (OA) is the most common type and is a degenerative joint disease which occurs as a result of 'wear and tear'. It mainly affects the weight-bearing joints e.g. the spine, hips, knees, ankles, but also the hands. Osteoarthritis commonly occurs in joints that have been injured, or endured more repetitive stress, such as manual jobs or sports.

As a joint becomes less mobile (hypomobility), bands of scar-tissue called adhesions form between the 2 surfaces and cause them to stick together. Once they form, adhesions in joints, tendons or ligaments make it harder to move the joint and may cause pain.

According Cramer et al (1) studies have shown this hypomobility causes degeneration of the joints, which results in arthritis and as time goes on, both the adhesions and arthritis increase. They also reported that *chiropractic adjustments increase the spacing between the joints surfaces, and increase mobility of the joint. Therefore concluding that chiropractic adjustments can prevent further development of adhesions and degeneration, and hence arthritis.*

AGING OF THE SPINE

During our lifetime, our spines are required to stand considerable weight-bearing stress from activities of daily living. As a result 'wear and tear' or degeneration occurs in all parts of the vertebral column.

The **Intervertebral Discs** are the first to undergo changes around the age of 40 followed by the spinal joints and vertebra from the ages of 50-60 onwards. Normal degeneration is usually well established by the age of 70.

As a result, the overall effect of degenerative changes in the disc, joints, and bony vertebrae leads to the characteristic feeling of stiffness and reduced movement of the spine.

Degeneration of your joints cannot be reversed but your chiropractor can help improve how you feel and allow you to live life to the full.

THE MOST COMMON SIGNS AND SYMPTOMS OF OSTEOARTHRITIS ARE:

- Joint soreness after period of overuse or inactivity.
- Stiffness after periods of rest that goes away quickly when activity resumes.
- Morning stiffness that usually last no more than 30 minutes.
- Pain caused by weakening of muscles surrounding the joint due to inactivity.

Chiropractic Care works, so contact a Chiropractor today if you, a member of your family or friends, experience any of the symptoms of arthritis.

HOW CAN CHIROPRACTIC HELP

Most arthritic conditions benefit greatly from Chiropractic treatment and should be considered as an adjunct to medical care, particularly osteoarthritis, which is the most common type of arthritis and is often treated with anti-inflammatory medication and nothing else. However using anti-inflammatory medication in the long term has been shown (2) to impair the healing rate of cartilage and can also damage the lining of the stomach (3).

If you receive **Chiropractic Care**, (including gentle, regular **exercise**) and improve your **diet**, you reduce your need to take anti-inflammatory medication, which is great news! In fact, some of our patients here at the Eastbourne Chiropractic Clinic have been able to stop taking them altogether.

With respect to the *inflammatory arthropathies*, such as rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis, there is not a real cure for these conditions. The inflammatory process can be quite severe and it is therefore important to take medication to control it to avoid joint destruction. However, diet can also be important in controlling inflammation (4).

We at the Eastbourne Chiropractic clinic are trained to identify the exact cause of your pain and provide a specific diagnosis and if appropriate a treatment plan in order to help relieve your pain. In the case of Osteoarthritis, this may involve adjustments, soft tissue therapy, massage, ultrasound or other procedures.

There are times when we find that chiropractic care is not the right approach to a problem. In these instances, due to our good working relationship with local GP's and Consultant specialists, we are able to refer you to the right person to help resolve your problem.

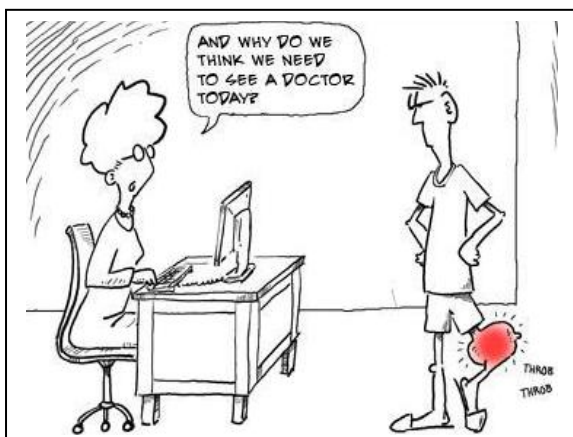
If you have friends or family who are suffering from arthritic joint or spinal pain then please CONTACT US TODAY ON 01323 733 361 to arrange a CONSULTATION.

If you've been helped by chiropractic, then please recommend your friends and family. If you're not sure if we can help then

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Chiro Check**

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Call: 01323 733361

- References: (1) Cramer et al J, Manipulative Physiol Ther. 2010 Sep;33(7):508-518
(2) Jessica Cottrell and J. Patrick O'Connor, Pharmaceuticals 2010, 3, 1668-1693
(3) Blot WJ, McLaughlin JK, J Epidemiol Biostat. 2000;5(2):137
(4) Stamp et al, Seminars in Arthritis and Rheumatism, Volume 35, Issue 2, Pages 77-94, October 2005

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