

ORTHO CARE

PRECAUTION AND JOINT CARE

12 October is celebrated as **WORLD ARTHRITIS DAY**.

- There are 100 types of Arthritis but most common arthritic conditions are
 1. Osteoarthritis
 2. Osteoporosis
 3. Chikungunya

What is Osteoarthritis?

- Osteo means bones and arthritis is inflammation swelling causing in the joints. Reasons for this
 1. Deficiency of Vitamin D3
 2. Osteoporosis where bone become weak
 3. Body keeps struggling to do their activity of living.

TREATMENT

- Balance diet which actually means to balance your diet not just having a full course meal.
- Eat dairy products once a week.
- Include stretching in warm up exercises along with jogging or walking.
- **Have plenty of Juicy vegetables and diet rich in vitamin K, Calcium.**
- **Sun exposure for 20 min without using sunscreen and Vitamin D3 Supplements prescribed by Doctor.**

Chikungunya

- Chikungunya: this is condition where all small and big joints become stiff. Body is unable to do their activities of daily living.
- There is no actual treatment for this but the only treatment is exercise along with medication.

BASIC TREATMENT

Hot and Cold water bath

Initially take warm water and dip the joint in it with small movements. Then, apply some Diclofenac Ointment available in market, just apply do not massage. Immediately apply 2 ice cubes over it. This will give a direct effect on joints and bone.

Medications

Take balanced diet, Multivitamin, Calcium and Vitamin D3 Supplements prescribed doctor.

Physical activity is a great way to keep you physically healthy as well as improving your mental wellbeing.

With Warm Wishes!

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