

Osteoarthritis

Osteoarthritis (OA) is the most prevalent form of arthritis, resulting in pain and motion limitation.

Originating in the joint cartilage, the disease is associated with degradation of the cartilage matrix and significant subchondral bone changes, triggering inflammation and pain of the surrounding joint and becoming progressively severe. The joints most often affected in OA are the hands and weight-bearing joints: knees, hips, ankles and spine.

OA is not, as is commonly thought, an inevitable consequence of ageing. Trauma, mechanical stress, or biochemical changes trigger a metabolically active process of remodelling and repair of damaged joint tissue. Ultimately, the balance between joint cartilage synthesis and degradation shifts in balance of degradation .When cartilage in a joint deteriorates, OA develops.

In the early stages of the disease there is a loss of proteoglycans and other cartilage components. In some sufferers, inflammation occurs around the synovium. As the disease progresses and the cartilage volume and integrity deteriorates further, it loses elasticity and becomes increasingly prone to damage due to repetitive use and injury.

Over time, the continued degradation of cartilage results in microfractures and exposure of the subchondral bone, which stimulates the formation of osteophytes within the joint. This ultimately leads to a functional deterioration of the joint, with accompanying pain, stiffness, joint swelling and deformity. The diagnosis of OA is often confirmed with radiological evidence of cartilage destruction (narrowing of the joint space) or if bony projections or erosions are evident

Conventional treatment

OA is typically treated with (non-steroidal anti-inflammatory drugs) NSAIDs. While effective for pain and inflammation, these drugs are known to have a number of adverse side effects including peptic ulcers and damage to the liver or the kidneys. Prolonged use of NSAIDs actually appears to contribute to the progression of OA by encouraging cartilage breakdown directly - a contradiction that is often overlooked. Other popular treatments include analgesics and corticosteroids - the latter occasionally generating devastating side effects. Another problem with the drug-based approach is that it has traditionally limited its focus to symptom relief rather than slowing the progression of the disease.

Clinical Kinesiology diagnosis

A skilled CK practitioner can easily reveal to you the toxicity present in your system, and offer a specific detoxification regime for your needs. This will enable your body to regain it's ability to function, and the automatic healing process will be unimpeded.

Physiotherapy carried out by a Chartered Physiotherapist can greatly benefit pain and inflammation symptoms, and skilled guidance and advice can help prevent further damage.

Acupuncture carried out by a TCM acupuncturist can greatly elevate pain, speed up healing, and enhance swift relief.

Nutritional factors

Useful supplements for osteoarthritis include:

Glucosamine sulphate

Chondroitin sulphate

MSM

Vitamin C

Antioxidants

Turmeric, ginger, boswellia

Fish oil.