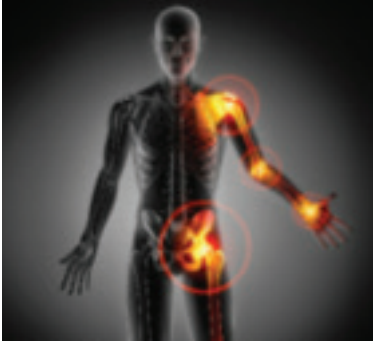


Research Reveals Chiropractic Benefits for Arthritis Sufferers

Millions suffering... Chiropractic provides drugless solution

Arthritis represents a common condition not commonly understood by those afflicted. Arthritis does not actually represent a single disease, but rather a term used informally to referring to joint pain or joint inflammation. The root word "arthros" means joint and "itis" refers to inflammation. So the word arthritis refers broadly to joint inflammation. More than 100 different types of arthritis and related conditions exist under the same umbrella. People of all ages, sexes and races experience this leading cause of disability in America. More than 50-million adults and 300,000 children suffer from some type of arthritis. **The affliction most commonly impacts women and older populations.**



Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms often come and go in intensities ranging from mild to severe. Symptoms also vary in consistency. Some people experience the same level of pain while others suffer more as time gradually passes. Severe arthritis results in chronic pain, inability to do daily activities, and difficulty accomplishing simple tasks like walking or climbing stairs. Permanent joint changes also accompany some cases of arthritis.

Conservative estimates determine that roughly 54-million adults endure doctor-diagnosed arthritis. The most common type of arthritis comes in the form of osteoarthritis, affecting an estimated 31-million Americans. Osteoarthritis defines as degeneration of joint cartilage and the underlying bone, most commonly beginning in middle age. This form causes pain and stiffness, especially in the hip, knee, spine and thumb joints. Arthritis levels exacerbate among people who have other chronic conditions.

- 49% of adults with heart disease experience arthritis.
- 47% of adults with diabetes experience arthritis.
- 31% percent of adults with obesity experience arthritis.

Arthritis and other joint disorders not caused

by specific traumatic accidents rank among the five most costly conditions among adults aged 18 and older. The number of people expected to experience doctor-diagnosed arthritis by the year 2040 climbs to more than 78-million. As these staggering numbers continue to grow, the need for long-lasting, non-invasive and drugless relief for arthritis sufferers becomes very appealing and relevant. Chiropractic care provides a solution.

Research published in a prestigious medical journal showed that arthritis patients experienced greater results and relief through chiropractic care more than any other utilized intervention. The arthritis group which received chiropractic care engaged in two visits per week for six consecutive weeks, a small representation of life changing benefits originating from a simple non-invasive plan to improve overall health. Chiropractic does not specifically offer a treatment or cure for arthritis or any other condition. Chiropractors assess and correct structural joint problems to improve mobility, alignment, and nervous system function. **The powerful capacity within the body begins to optimize function and performance.** One of many resulting benefits of chiropractic care manifests in the form of a reduced pain and inflammation. Arthritis sufferers represent one of many groups who benefit from learning about and experiencing the benefits of nervous system care. Chiropractic works.

Osteoarthritis and Cartilage October 2013

"Patient education with or without manual therapy compared to a control group in patients with osteoarthritis of the hip. A proof-of-principle three-arm parallel group randomized clinical trial."

E Poulsen, J Hartvigsen, HW Christensen, EM Roos, W Vach, S Overgaard



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