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Dealing with Joint Pain

The body's joints are very important, forming the connections between bones, and providing mechanical support, dexterity and movement in general. Any damage to the joints, whether from disease or injury, can interfere with everyday activity and cause a lot of pain. Joint pain can occur in any part of your body, from your ankles to your shoulders, and as you get older, it becomes increasingly more common. The pain can range from mildly irritating to debilitating, and it can disappear after a few weeks, or last for several months. Anyone who has suffered from painful joints knows that even short-term pain and swelling can affect your quality of life.

A variety of conditions can lead to painful joints, including arthritis, tendonitis, and gout, as well as strains, sprains and other injuries. And while there are many treatment options available, from medication to physical therapy, to joint replacement surgery, people often first reach for over the counter medications to relieve their symptoms. Acetaminophen (Tylenol) may help soreness, but avoid it when drinking alcohol, as together they may cause liver damage. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen, may help relieve pain and swelling, but can have serious side effects, including allergic reactions, high blood pressure, stomach bleeding, and kidney or heart problems. Celebrex, a prescription NSAID, may cause bleeding or perforation of the intestines, heart attack or stroke. Be aware of the risks before taking any medication.

A whole-body approach to treating acute or chronic joint pain works best. A healthy lifestyle is key, beginning with a weight loss plan, if you are obese. Regular exercise will strengthen muscles that support joints and keep joints flexible, and therapeutic massage can offer great relief for soreness. An anti-inflammatory diet, high in omega-3 fatty acids, is also extremely important. High quality supplements can be very helpful as well, providing important nutrients that form cartilage to help slow down or stop degeneration. Consult a physician before taking supplements, however, to make sure you avoid any potential drug interactions or allergies.

High Powered Laser Therapy is another safe, non-invasive treatment option for joint pain. A deep penetrating, therapeutic laser reduces pain by decreasing inflammation and swelling, while increasing blood flow and accelerating healing in muscles, tendons and ligaments. Regardless of the cause of your discomfort, the goal is always to reduce pain and inflammation, and preserve joint function.

Rappe Chiropractic offers a variety of Health and Wellness services, including Pharmaceutical Grade Supplements, Dr. Supervised Weight Loss program, Massage, High Powered Laser Therapy and Spinal Decompression Therapy. For a FREE Consultation call (760) 777-4177 www.rappechiropractic.com

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