PhysioBiz

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!

It's in the joints!

Osteoarthritis (OA) is the most common chronic condition of the joints. OA can affect any joint, but it occurs most often in knees, hips, lower back and neck, small joints of the fingers and the bases of the thumb and big toe.

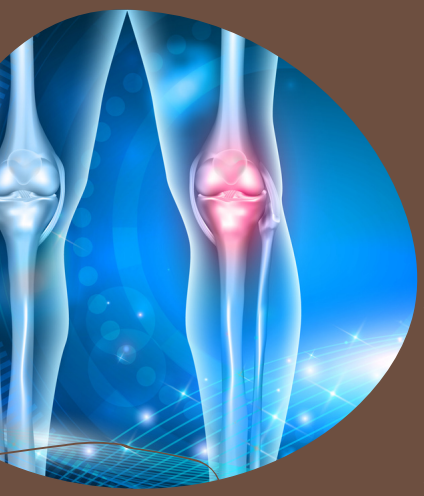
In 2021, Global RA Network reported that there were more than 350 million people living with arthritis globally. Our aim for this month is to give you some healthy tips to keep the joint pain at bay!

"I've got plenty of arthritis. But if you keep moving, it won't bother you that much. That's why old guys stiffen up. They forget they have to get out of their chairs and do something. You let the moss grow over, it's your own fault."

Dick Van Dyke

Fight for the top five!

Learn new self-management tips



People cope with arthritis in various ways, and what works for one won't necessarily work for all. Experiment and find what works for you. This might look like meditation, a walk with friends or attending a workshop on self-management. Whatever works for you, trust it. You will be able to feel more in control of the disease if you know how to cope with it, and empowered when you are able to take steps to reduce your own pain.

Talk to your Doctor

Be open and honest with your Doctor. Let them know what works for you and what doesn't. Your Doctor is part of your support team and is there to ensure you receive the correct and best treatment for you. If the new medication is causing unwanted side effects, speak up. If you are not coping with the stress, say something! Your Doctor can't treat what they don't know about!

Fight for the top five!

Manage your weight

Easier said than done, right! Studies have shown that decreasing your weight can improve the pain and functional level of arthritis sufferers. This is where a good support team is once again essential! Chat to a dietician and get some advice on what will work for you based on your lifestyle. Even a small change each day can allow you to get the quality of life back that arthritis took from you. Another valuable member of the support team is your physiotherapist. Who better to work with you on a programme that can aid in weight loss than a medical professional who understands the disease process and how it is affecting your body.

Protect your joints

Joint injuries can worsen your arthritis. A physiotherapist will ensure that the exercise programme that suits you and your lifestyle is one that will improve and not cause further harm or damage.

Fight for the top five!

Get active

Physical activity is a great non-pharmacological intervention to get your body healthy while suffering from arthritis. Being physically active can reduce pain, improve function, lift your mood thanks to the endorphin release and improve your quality of life overall. Your physiotherapist can work with you to find the exercise programme that will allow you to take control of your disease and fight alongside you to help you get back the quality of life you deserve.