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Bone health: Treatments that should be made available to treat arthritis

Customised medications, minimally invasive procedures like injections into the joint, and physical therapy all play significant roles in treatment for arthritis

Unnati Gusain | Published: 17 Oct 2023 20:58:PM



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New Delhi: In the quest for improved arthritis care, prioritising accessible treatments is paramount. Patient education and lifestyle modifications form the foundation, empowering individuals to actively manage their condition.

Dr Rachit Shah, Orthopaedic Surgeon, Apollo Clinic, Wanowrie, said, "These treatment are complemented by tailored medication regimens and minimally invasive interventions, which have demonstrated significant efficacy. Physical therapy, a cornerstone of arthritis management, provides essential support. By ensuring widespread availability of these interventions, we can enhance the well-being of countless arthritis sufferers."

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Treatment for arthritis

Arthritis covers a wide range of conditions, including those linked to aging, like wear and tear, as well as genetically influenced ones such as rheumatoid arthritis and ankylosing spondylitis. It's important to consult with an orthopedic surgeon for personalised treatment.

The expert said that the key foundation is patient education and making lifestyle adjustments that empower individuals in managing their condition. "Customised medications, minimally invasive procedures like injections into the joint, and physical therapy all play significant roles in treatment. If conservative methods no longer suffice, surgical options can be considered, potentially making a profound impact on one's quality of life," he added.

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Arthritis management

For patients suffering through arthritis, it is essential to indulge into daily physical exercise and eating bone healthy diet. By improving support and reducing the load placed on these joints during daily activities, strengthening the muscles around injured joints with strength training exercises reduces pain and improves joint function.

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Along with lack of exercise and poor dietary choices, lack of sleep can also aggravate the symptoms. For the patients to effectively manage their condition, a restful night's sleep is essential. A lower overall quality of life can result from arthritis pain and discomfort that worsens when sleep is hampered.

Overall, the patients need to follow a set of rules to better manage arthritis. But, according to the expert, personalised treatment can help enhance the process.

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