



AdvaCare Clinics: Arthritis Pain Relief

Arthritis literally means inflammation of a joint (where two or more bones meet). Many people think arthritis is a single disease, but it's not. There are over 100 different types of arthritis and related rheumatic conditions. Two of the most common forms of arthritis are osteoarthritis (OA) and rheumatoid arthritis (RA). The most common joints affected by Osteoarthritis are knees, hips, and the spine respectively. These are the areas of the body we specialize in for non-surgical and non-drug-based treatment options. It is important to obtain an accurate diagnosis regarding which type of arthritis you have, so that proper treatment can begin.

Arthritis is a disease that causes the joints to swell, resulting in pain, stiffness, and loss of function, particularly in the hands, knees, feet, hips, and spine. Osteoarthritis is the most common form of the disease and is a degenerative disorder of the joints. It occurs primarily as people age and the joints "wear out"; it sometimes occurs due to physical injuries that permanently damaged the joints.

Rheumatoid arthritis is another common form of arthritis, and it is an autoimmune disorder that can affect any joint, but is most common in the wrist and fingers. This means that the immune system attacks its own tissues. In RA, the defenses that protect the body from infection instead damage normal tissue (such as cartilage and ligaments) and soften bone.

Arthritis is the second most frequently reported chronic condition in the United States. An estimated, 47 million Americans suffer with either self-reported or physician-diagnosed arthritis. As the U.S. population ages, the number of adults with arthritis is expected to increase sharply. By 2030, an estimated 20 percent of Americans—about 70 million people, will have passed their 65th birthday and will be at increased risk for osteoarthritis.

More than one-third of these adults will have limited activity as a result. Bathing, dressing, or even walking becomes unbearable. Over half even struggle to get out of bed when their arthritis is bad.

There is no known cure for arthritis, but there are new options available that have been prescribed for thousands of patients with outstanding results.

Non-Surgical Treatment Options

Joint Injections for Arthritis Symptom Relief

New joint injection techniques can improve function, lessen pain and slow the progress of the disease in patients with arthritis in the knees, shoulders, elbows and hips, making the lives of arthritis sufferers more comfortable.

The new joint injection approach is called Viscosupplementation with Hyaluronic Acid, the lubricant of all the joints and tissues of the body to keep the tissues elastic and flexible. Synovial fluid is the oily liquid found in all of our joints but it tends to dry up or become thinner and more watery as arthritis develops.

Our doctor will use the most natural therapy procedures designed to copy healthy synovial fluid and will inject it specifically to the point of most need or pain using the latest in Ultrasound guided injections techniques for the most effective results. These injections are then combined with the appropriate combination of supportive therapies to help the joint and surrounding tissues reduce the tightness, pain and inflammation so you can move and do what you want to do with less pain.

Viscosupplementation treatments are becoming more widely available. Their side effect profile is good and most patients tolerate the procedure very well and without significant discomfort.

Bionicare for Arthritis Symptom Relief

Another new option is BioniCare, a new therapy that's surgery-free and can get patients back in action, without the pain.

BioniCare is a non-invasive, non-drug treatment option for osteoarthritis (OA) of the knee and rheumatoid arthritis (RA) of the hand designed specifically for the treatment of pain and symptoms of knee OA and Hand RA. The BioniCare system provides an electrical signal that stimulates the joint tissue to reduce the pain and symptoms of arthritis and helps maintain the health of the knee joint and improve the function of the hand. The arthritic joint has a diminished electrical signal which likely contributes to the deterioration of the joint. BioniCare is the first and only patented proprietary signal and system demonstrated to be safe and effective in multiple clinical studies.

It is not to be confused with other stimulators, including a TENS device, that only provides temporary pain relief by blocking pain signals. The stimulation is subsensory—the patient does not feel the stimulation. It treats the underlying cause of the disease by stimulating the joint tissue and improving the overall health of the joint. It provides a slow-acting, but longer-lasting improvement in symptoms. The BioniCare system is clinically proven to improve the osteoarthritic knee, reduce pain and symptoms, and improve function in the rheumatoid hand.

BioniCare has allowed individuals to live pain-free, regain mobility and live life as fully as possible.

If you or someone you know suffers from arthritis, or to learn more about treatment options, contact AdvaCare Clinic today at 952-835-6653!