

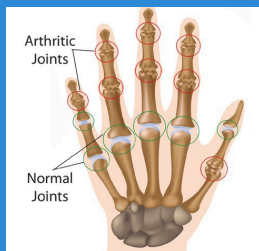
# Arthritis



## What is Arthritis?

Arthritis affects your joints – where two or more bones meet. Cartilage is the slick, smooth tissue that covers the ends of your bones, enabling them to glide against one another. Arthritis occurs when this self-lubricating surface wears down.

Such damage can lead to joint weakness, instability, and visible deformities that, depending on the location of joint involvement, can interfere with the most basic daily tasks such as walking, climbing stairs, using a computer keyboard, cutting your food, or brushing your teeth.



## Symptoms

The primary complaints of individuals who have arthritis are joint pain and stiffness. The discomfort from arthritis is due to joint inflammation and muscle fatigue caused by forceful movements against stiff, painful joints.

## How We Can Help

Our goal is to get you back to normal as soon as possible. To do that, we will likely recommend one or more of the following:

- **Joint manipulation** to decrease your pain, limit inflammation, and ease muscle spasms.
- **Therapeutic stretching** to restore your flexibility and ease pain.



Our office treats the pain that causes arthritis. If you or someone you know is experiencing these symptoms, please contact our office to schedule an appointment.