

# SPOTLIGHT ON ARTHRITIS

*The rigours of “wear and tear” may not be as inevitable as they seem with the help of BritChiro Westbourne*



**BritChiro patient Joan Keegan thoroughly recommends chiropractic treatment:**

“I was suffering with pain in my hip, knee and leg. My visit to BritChiro was amazing as after the first treatment I was so much better. I thoroughly recommend the treatment, it has enabled me to get on with my life and keep travelling and I no longer use painkillers.”

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**A**rthritis is often used to describe pain in the joints; it literally means inflammation of a joint. Most people who have “arthritis” have osteo-arthritis, which is sometimes called “degeneration”, or “wear and tear”.

While you may think of “wear and tear” as being inevitable later in life, you may be surprised to learn that even in very elderly, it is usually just a few joints that have worn much faster than the rest, which in many cases is due to joint restrictions, i.e. too little movement of those specific joints.

Osteo-arthritis is caused when the cartilage covering the bone in a joint becomes eroded and roughened. Tendons and ligaments holding the joint together get weaker and the joint itself may become deformed, painful and stiff.

**Help for arthritis sufferers**

If you have been told that you’ll just have to learn to live with the pain and disability – you may have been misinformed. BritChiro in Westbourne is passionate about helping patients live WELL with arthritis. After taking a full case history and conducting an examination which may include X-rays, your doctor of chiropractic will make a diagnosis and propose a treatment programme.

Chiropractic care can help your spine to keep free of the nerve irritation which may prevent your body from healing itself properly.

Degenerative changes in themselves often do not produce symptoms. They do, however make the spinal column more susceptible to damage. Regular chiropractic adjustments can improve movement, thereby preventing osteo-arthritis changes that may otherwise cause pain in the future.