

How to Relieve Joint Pain?



Multiple causes of joint pain could be there that range from a mild injury to a serious fracture. Pain that occurs because of severe injuries like fractures may require surgical intervention and the use of [orthopedic implants](#). While on the other hand, mild injuries or age-related joint pain can be managed at home with simple remedies. In this post, we will be discussing some of the simple ways to improve joint pain and prevent its worsening.

Tips to Improve Joint Pain

Keep Moving

Here, you might be thinking that instead of advising rest, why do we say keep moving? When you're in pain, the last thing you don't want to end up with is to get bedridden. Thus, it is advised to keep moving and do mild activities along with low-impact exercises. This will help improve pain and stiffness and maintain a good range of motion of the joint. Not only this but it will also help strengthen the muscles that support your joint. So, regular work out is important to relieve joint pain. If required, seek an expert's help.

Maintain Healthy Weight

Joint pain is worse in obese and the risk of experiencing the same also increases. This is because extra body weight puts undue pressure on the joints and over time, they start to wear down. The joints in the lower extremity of our body are more prone to wear & tear. Thus, the best way to improve joint pain here is to lose weight and maintain a healthy one.

Use Cold Therapy

The application of cold packs seems to be one of the best remedies to improve pain and swelling. This works by reducing the blood flow in the affected area and provide relief. Here, one can use ice after wrapping them in a towel to apply to the affected area. The ice must be applied for at least 15 minutes at a time several times a day.

Take OTC Pain Relievers

Several over-the-counter pain relievers are available in the market that one can take to improve joint pain. These medicines should not be continued for a long time as there could be serious side effects. Wherever possible, take prescription drugs as advised to get pain relief.

Use Braces

If the intensity of pain is high or unbearable, it is advised to keep the area immobilized with a brace, splint, or wrap. This is because in such cases, moving the affected joint may make the pain worse.

Consult a Physiotherapist

Physiotherapy has numerous benefits when it comes to maintaining bone and joint health. It also helps improve pain and the flexibility of the joint. So, if you want long-term pain relief, it is advised to consult an experienced physiotherapist and work with him/her regularly as advised.

Besides physiotherapy, one can also try yoga, meditation, massage, and acupuncture for pain relief. But before trying anything, consult your doctor first.

Surgical Intervention

When joint pain is serious and no conservative treatments work, the healthcare service provider may suggest joint replacement surgery to improve the quality of life. Arthroscopic joint replacement is most preferred by the surgeon if feasible.

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