The Importance Of Exercise For OA Pain Management

Michelle O'Sullivan  October 22, 2018

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(Newswire.net -- October 22, 2018) Orlando, FL -- Exercise has long been considered to be essential for health and longevity. Its benefits are particularly found to be better for individuals who suffer from osteoarthritis.

Experts stress the importance of exercise for OA pain management. Osteoarthritis affects millions of people, and in the United States alone, it is considered to be a major cause of work disability.

According to Jason Koh, MD, an orthopedic surgeon at Northwestern memorial Hospital in Chicago, osteoarthritis usually manifest by start-up pain. This is experienced when having discomfort while getting up from a seated position. Over time, this experience becomes constant.

Pain is one of the major reasons why individuals with osteoarthritis live a reduced quality of life. Pain intensity may vary, and those who do not get treatment are typically the ones who suffer more.

Pain develops when the joint cartilage deteriorates. It worsens when the affected joint is used and it gets better when rested. Individuals over the age of 45 are typically those affected by persistent knee pain, which is caused by osteoarthritis.

It is essential to practice regular exercise, as being 10 pounds overweight can increase the stress or burden in the knee joint by 30 to 60 pounds. It is further worth mentioning that exercise helps in keeping the muscles in the knees strong.

Mary P. Rapp, PhD, RN, a professor of nursing at the University of Texas Nursing School in Houston, further reveals that low impact, moderate exercise on a daily basis can reduce pain. It is further worth realizing that osteoarthritis knee pain worsens by having too little or too much activity.

Sufferers are advised to seek the help of their health care provider regarding the types of exercise that best satisfy their needs and condition. In addition to exercise, it can also be helpful to take into account the use of some joint health enhancing formula, like glucosamine.

Glucosamine is one of the natural remedies that many arthritis sufferers and even athletes take into account. This therapeutic ingredient naturally occurs inside the body, and it is believed to be helpful in repairing cartilage damage.

Due to its ability to restore and improve cartilage health, it has been believed to be helpful for individuals who struggle with osteoarthritis. Even those who do not have the condition, such as athletes, are using glucosamine to improve their joint health.

One of the formulas to consider is VitaBreeze Glucosamine formula, which is believed by many to be superior over other brands. It is not just highly potent and pure, but is also equipped with other joint-health enhancing ingredients.

This includes methylsulfonylmethane (MSM), turmeric, and chondroitin, which have been widely studied for their arthritis-fighting effects [http://www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4](http://www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4).

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ingredients that have been carefully selected, tested, and crafted into the firm’s winning formulas. Visit 
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