

Don't let osteoarthritis torment you when you're too young.

Osteoarthritis is a common disease in the elderly. But now it is a disease that is getting younger. So how to prevent osteoarthritis in young people?

It is no coincidence that in recent days, you have encountered many advertisements on Youtube about treating bone and joint diseases. If in the past, bone and joint diseases were mainly found in the elderly and people who do heavy labor, now they can appear in any subject, even in young people. Depending on the severity, the disease causes different consequences. To completely treat this disease, understanding the causes and signs of the disease is indispensable.



What is osteoarthritis?

This is the general name for diseases related to bones and joints with visible symptoms of pain and swelling in the joints. It causes the patient to be limited in movement.



For young people, specifically for office workers or gamers, the joints that are often affected and cause pain are the movable joints (in the arms and legs), semi-movable joints (in the vertebrae), and immovable joints (in the skull). Of these 3 types of joints, the movable joints and semi-movable joints are the joints that are easily weakened due to many different causes. When weakened, they cause bone and joint diseases.

Common types of bone and joint pain in young people

It is a sad fact that joint diseases are on the rise in Vietnam and are occurring in young people. The most common diseases are:

1. Arthritis: often appears in the hip joints, finger joints, wrist joints, knee joints, etc. In these locations, swelling and pain appear.
2. Osteoarthritis, spine: often appears in middle-aged and elderly people due to the wear and tear of cartilage and discs. In the joints and spine, there is a certain amount of synovial fluid, degeneration causes it to decrease, causing pain, stiffness, and dryness of the joints and spine.
3. Herniated disc: usually occurs in the lumbar spine and cervical vertebrae. This disease causes the nerves to be compressed and if left untreated for a long time, it can cause paralysis and muscle atrophy.
4. Rheumatoid arthritis: can appear in many different joints and is symmetrical on both sides. They cause swelling, pain, stiffness and more seriously can affect blood vessels, heart, lungs, etc.
5. Sciatica: causes pain from the lower back down to the feet.
6. Osteoporosis: bones become porous, brittle and very easy to break. This causes pain throughout the body and more seriously can cause other bone and joint diseases.

Signs that you have bone and joint diseases

The most obvious symptom of joint disease is pain, specifically:

1. Mechanical pain in the joints.
2. Every morning I feel pain and stiffness in my joints.
3. Joint pain every time the weather changes and worse at night.
4. The joint area shows signs of inflammation and redness.
5. Joint movement becomes difficult and flexibility is lost.

Causes of bone and joint diseases in young people

According to medicine, the cause of bone and joint diseases is due to blood stasis, not circulating. This is due to the consequences of obesity, lack of exercise, and lifestyle habits. Especially for young people, sitting for hours playing games in front of the computer makes you more susceptible to bone and joint diseases.

So how to prevent bone and joint diseases in young people?

1. Exercise and continuous physical activity help muscles and bones become stronger: swimming, cycling, walking, yoga.
2. The best posture for your joints is to stand up straight, avoid lying down for long periods, climbing stairs, sitting for long periods, standing in one place for long periods of time causes stagnant blood circulation and stiff joints. When sitting at work, keep your back straight, do not squat.
3. Besides, you should limit high-intensity exercise, avoid gaining weight quickly and always take advantage of vitamin D in the early morning sun.

On the other hand, the cause of bone and joint diseases in young people is often sitting in the wrong posture, sitting too much, sitting uncomfortably. Therefore, when choosing a chair for yourself, especially gaming chairs, you also need to choose the best chair, suitable for yourself and ensure your health.

Which gaming chair should I choose?

WarrioR Archer Series WGC403

Number 1 on this list is a very new chair model from WarrioR. This chair model has only been on the market for a few months but has created a big buzz because of its incredibly excellent quality. It can be said that the chair is made of extremely "fancy" materials that are hard to find in any chair in the 5 million price range:



- Seat cushion made of super durable, super anti-sagging cold molded foam
- Extremely high quality PU leather
- 100% super durable metal frame
- Equipped with high-end frog seat system
- Metal Legs
- 4D rotating arm
- Noise-proof PU wheels
- Memory foam pillow

In terms of size, the WarriOR Archer Series WGC403 has a fairly large seat, so it is suitable for people with large weights. In terms of durability, quality of leather cushions, and features, this chair model is outstanding.

AKRacing Overture K601O

The name is really "famous", in this top 5, AKRacing Overture has the highest "brand value", and we are also very surprised that this high-end chair model is having such a "bargain" price: Only 5.7 million VND. Of course, it is a bit higher than 5 million, but considering the old price of 8 million VND, the AKRacing Overture K601O is really having a shocking price.



There is no need to discuss the quality, the frame, chassis, hydraulic column and screws of AKRacing are on a completely different level, they are much better. And with the addition of very high-quality leather cushions and

super beautiful design, there is probably nothing to hesitate with this high-class chair model that is being discounted at a shocking price.

E-Dra Hunter EGC206

E-Dra Hunter EGC206 is also a famous name in 2020. The strongest point of the chair probably comes from the design similar to NobleChairs HERO (11 million). That's why E-Dra EGC206 has a really classy appearance and possesses a very good backrest curvature customization feature. In addition, E-Dra EGC206 also has extremely good materials with super thick monolithic cushions, the highest quality aluminum alloy legs, high-quality PU leather, 4D rotating arm, frog base .



Anda Seat Assassin King V2

Another high-end gaming chair model is on sale at a shocking price. Anda Seat Assassin King V2 belongs to the company's high-end segment, and is a large "KING SIZE" version for tall people. Therefore, the chair will have outstanding features in terms of load-bearing capacity, size and durability:

- Super large chair size, can fit people over 100Kg
- Maximum load capacity up to 200Kg
- Super large back pillow
- Super thick, super durable legs and frame
- Durable PVC leather and anti-sag monolithic foam



Cooler Master Caliber R2

This is the first gaming chair from Cooler Master in Vietnam and has received very good feedback about its quality from users. Cooler Master Caliber R2 has full features and high-end materials that are not inferior to competitors in the price segment.



The chair is very sturdy and durable, with all the necessary features for a gaming chair such as 180-degree reclining, multi-directional armrests. Cooler Master Caliber R2 is priced at only 4 million VND, this is a great effort by Cooler Master to be able to bring Caliber R2 to such an accessible price.

Picture 8 of Don't let osteoarthritis torment you when you're too young.

You finished reading the article "**Don't let osteoarthritis torment you when you're too young.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.