

Useful tips for people with osteoarthritis

The following article will give you extremely useful tips for people with osteoarthritis. Please consult

Osteoarthritis is a phenomenon in which cartilage and bone under the cartilage are damaged, causing inflammation and pain for the patient. The most common is degeneration of the knee, hip joint, wrist joint . This situation causes no less difficulties and pain for the sick. To minimize the inconvenience, **Quantrimang** will provide some useful tips for people with osteoarthritis.



I. Tips for people with osteoarthritis

1. High activity

Many people with arthritis are afraid of regular physical activity or exercise because they are worried about damaging the inflamed joints. In fact, the movement helps to reduce stiffness, reduce pain, enhance the flexibility of the muscles around the joints, improve the body's condition.

2. Protection of joints

The purpose of this is to relieve pain and reduce stress on the joints. This can be done in many ways such as:

1. Pay attention to the signals of the pain.
2. Avoid strong movement of inflamed joints.
3. Pay attention to exercise in appropriate postures.
4. Balance between movement and rest, don't overwork .

3. Maintain a reasonable weight

When the weight increases, it means creating additional support for joints, especially the knees and spine . Every 450 grams that we can reduce can help knee joints reduce 4 times the pressure in each move. So, keep your weight at a reasonable level.



3. Add Vitamin D and Calcium

Vitamin D and Calcium are two essential nutrients for healthy bones. Vitamin D can be taken into the body in many ways such as sunbathing early, diet rich in Vitamin D or taking medications.



Also pay attention to diet. The addition of calcium-rich foods such as pork, beef, poultry, marine fish, shrimp, oysters . is extremely necessary.

4. Choose gentle exercises

According to the Mayo Clinic, aerobic movements, walking, cycling and swimming do not put much pressure on the joints. Try taking 20-30 minutes of movement and doing it three times a week will make your joints significantly improved.



6. Say no to cigarettes

According to the American Orthopedic Association, smoking has a negative impact on the joints. Smoking increases the risk of osteoporosis and fractures. Smokers also have a higher risk of lower back pain and rheumatism. So, if you have a habit of smoking, you should think about quitting smoking to protect your health.



7. Use functional foods

No matter how attentive your diet is, you cannot be sure that your body can absorb the amount of calcium needed. In this case, functional food products that support joints are essential.

Here are some samples of supplements that you can refer to:

II. Top osteoporosis pills are the most popular choice today

1. Blackmores Glucosamine Sulfate 1500 functional foods One-A-Day - Reference price: VND 785,000

Osteoarthritis tonic Blackmores Glucosamine 1500mg of Australia is one of the highest quality, effective, and safe products, has been researched and modulated by leading experts, so it is favored by many countries in the World. .

Each tablet contains a pure amount of Glucosamine 1500mg, so it is effective in treating inflammation and extremely good joint pain. Glucosamine 1500mg has been clinically proven to be effective in supporting the treatment of osteoarthritis, reducing joint pain for a long time.



Health food Glucosamine is easily absorbed into the body and is effective from about 2 to 3 months of continuous use. Take Glucosamine supplements for adults, children under 12 years of age only to use as directed by a doctor.

Blackmores Glucosamine is the best product for people with osteoarthritis-related diseases, difficult mobility, aches and pains due to osteoarthritis, shoulder pain, chronic and acute arthritis, osteoporosis, . .

Specifications:

1. Made in: Australia
2. Brand: Australia
3. Packing specifications: 90 capsules / box
4. Target users: Adults

2. Glucosamine functional food Chondroitin MSM Solgar - Reference price: VND 1,750,000

Each Glucosamine tablet Chondroitin MSM Solgar has a content of 750mg, when added to the body according to the right course, it will support lubrication of the joint bones, help form more and enhance cartilage elasticity, support reduction osteoarthritis.

Joints for bone and joint support Solgar also helps increase the ability to produce cartilage faster, strengthen the immune system, help strengthen the body, improve the health situation better.

Functional joint bones Solgar Glucosamine Chondroitin MSM also helps to relieve the pain very effectively from the joint bone caused by strong impact, spinal disease, bone joint pain, shoulder, hip and neck pain. .



Specifications:

1. Made in: USA
2. Brand: America
3. Packing specifications: Box of 60 capsules
4. Target users: Over 19 years old (Adult)

3. No.7 Joint Support & Comfort Solgar Health Protection Food (30 tablets) - Reference price: VND 1,040,000

Health-protective food No.7 Joint Support & Comfort Solgar (30 tablets) will protect your joints by lubricating your joints and reducing osteoarthritis.

External pills support and protect joint bones and have the following effects:

1. Supplement collagen well for skin.
2. Enhance the body's resistance.

Ingredients of the drug:

1. Vitamin C 100mg, 5-Loxin Advanced 100mg, Tumeric Root 4: 1 Extract 50mg, Collagen 10mg, White Willow Bank 5: 1 Extract 35mg, Ginger Root 4: 1 Extract 35mg, Pepper Spice Complex 27mg.
2. Accessories: Cellulose Plant, Silica, Magnesium Stearate Plant.



Specifications:

1. Made in: USA
2. Brand: America
3. Target users: Over 19 years old

The above comments hope to help you in protecting health, improving osteoarthritis. If you need to buy the joint support products, you can contact us directly at the hotline number:

1. In Hanoi: 024.35.68.69.69
2. In HCMC: 028.38.33.33.66

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