



Treating osteoarthritis

Osteoarthritis is the most common joint disease in the world. Its root cause is unknown, but predisposing factors have been identified. Predisposing factors include age and gender (the incidence is higher in women than in men). Common predisposing factors to osteoarthritis that can be influenced include being overweight and engaging in either too little or extremely heavy exercise. In addition, abnormal mechanical stress in the joint area can eventually lead to osteoarthritis. Genetic factors are also believed to play a role in the occurrence of osteoarthritis.

Prevent osteoarthritis with regular exercise and a healthy lifestyle

Despite the risks, osteoarthritis can be prevented. For example, a healthy lifestyle and regular exercise that places minimal load on the joints are effective means of preventing osteoarthritis.

The progression of osteoarthritis can be slowed

Osteoarthritis is not just a condition caused by wear of the cartilage, but a disease of the entire joint area, which causes changes to the cartilage, bone, synovial membranes and surrounding muscles. There is no curative treatment for osteoarthritis, but its progression can be slowed and its symptoms can be relieved. The goal of treatment is to keep the joint as pain-free and functional as possible.

Osteoarthritis causes pain, which often begins as an ache and becomes worse when moving. Later on, the pain can also occur at rest and at night, which may disturb sleep. An osteoarthritic joint will often feel stiff after rest and when beginning to move. Crouching, standing up and sitting down can also feel difficult.

Physiotherapy, light exercise and weight management are the most important forms of treatment for osteoarthritis

The treatment of osteoarthritis is based on pain management and the maintenance of functional capacity. Primarily, non-pharmacological forms of treatment are recommended: physiotherapy and exercise that places minimal load on the joints. Weight management is an important factor in relieving the symptoms of osteoarthritis.

Pain medication is not the primary form of treatment for osteoarthritis, and never the only form of treatment. It is used only in situations when pain prevents activity that would rehabilitate the joint, and only for the duration of the pain.

Ice Power Arthro Creme with menthol relieves sensation of pain

Arthro Creme contains menthol and is particularly good at providing non-pharmacological pain relief for osteoarthritis. The menthol contained in the cream lowers the temperature of the skin in a controlled manner, which causes a pleasant, cool feeling on the skin. The cooling effect suppresses the sensation of pain and in addition causes circulation to increase which relaxes the muscles surrounding the joints. Ice Power Roll gel can also be applied easily without getting your hands messy. Ice Power Cold Gels and Creme can be applied to sore and tense muscles several times a day. Ice Power cooling patches are a great option if you would like an effect that lasts for several hours.

