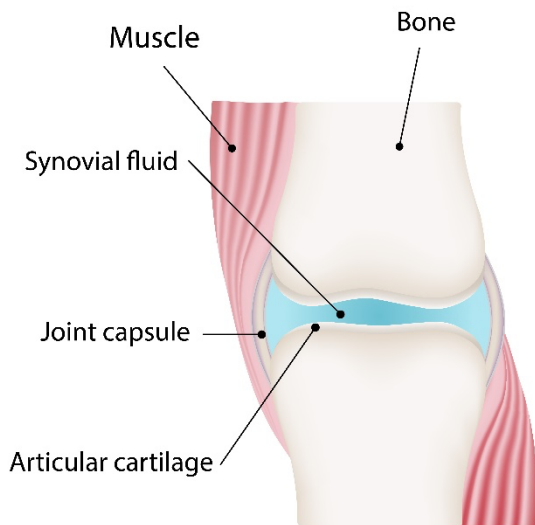


Joint Health for Life

Synovial Joint



What are Joints? Joints are articulations of bones that make up specific movements. There are 6 different types of joints that incorporate these different movements. Most major joints in the body, despite their different shapes and jobs, contain synovial fluid. Synovial fluid is what can be considered the best WD-40 invented. Scientists to this day are still researching chemical compounds that can lubricate a joint as well as the body's synovium can, with that in mind, as we age, we need to promote circulation, nutrient exchange, and mobilization of the joint's synovial fluid with exercise, while continuing to maintain the integrity of the joint.

#1. Joints respond to off-loaded cycle-like exercises such as bicycling or swimming. The term "off-loaded" refers to gravity eliminated or with decrease force through the joint than usual. These exercises help lubricate the joints and increase nutrient exchange.

- Recommended Dosage: minimum 10 min every day or 2-3 times per week for 30 minutes

#2. Wear good, shock absorbing shoes outside and in your house. The better your shoes can absorb and distribute force, the less shock absorption your joints will have to do. This is a mechanism to protect the joint from early degeneration.

#3. Apply T-relief or Voltaren Gel to site of inflammation/ pain. Both are over the counter topical creams that will help decrease inflammation and provide pain relief to the joint. By decreasing pain levels, you allow for quicker resolution of the inflammatory cycle and reduce your risk of developing chronic pain.

#3. If there is any joint swelling, wear a simple compression sleeve. Swelling softens cartilage, so keeping the knee free of swelling is essential.

#4. Vitamin D3 supplements: 600-800 IU daily if blood levels are normal, and 2000-4000 IU daily if deficient.