

Arthritis

There are more than 200 types of arthritis and related conditions. In osteoarthritis the joints show signs of wear and tear, which increases as time goes by. In rheumatoid arthritis, the body's immune system attacks the joints, which can become red and swollen if not treated.

Most types of arthritis have several causes. If there is arthritis in your family, you may be more likely to develop it. However, arthritis can start suddenly, without any obvious cause, at any age.

Exercise can help to manage some of the symptoms of arthritis. Physiotherapy can provide treatments to help relieve pain and inflammation in the joints and surrounding tissues along with advice and education on exercise, pain relief and ways to manage your condition. We can also teach you how to improve your joint movement and your walking, as well as how to strengthen your muscles.

Our Physiotherapists will be able to give you advice on the use of any aids, splints or insoles where appropriate.