



Holladay Physical Medicine

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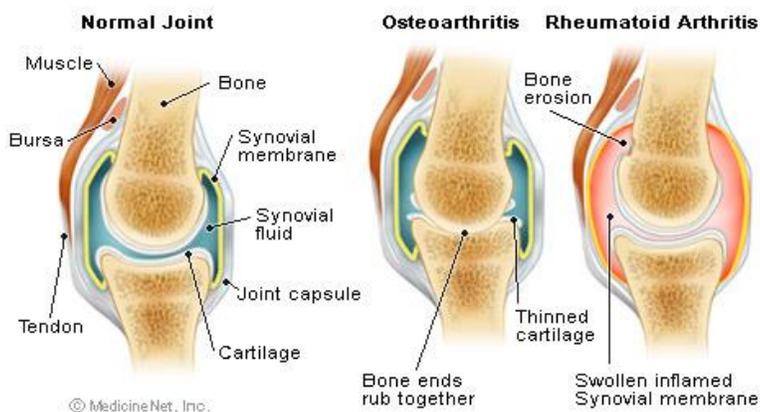
www.holladayphysicalmedicine.com

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Rheumatoid Arthritis

What is rheumatoid arthritis?

Rheumatoid arthritis (RA) is a relatively common disease of the joints. In rheumatoid arthritis, the membranes or tissues (synovial membranes) lining the joints become inflamed (synovitis). Over time, the inflammation may destroy the joint tissues, leading to disability. Rheumatoid arthritis affects women twice as often as men, and frequently begins between the ages of 40 and 60.



Normal and Arthritic Joints

There are many types of arthritis (disease of the joints). Rheumatoid arthritis causes inflammation of the synovial membrane of the joints. Juvenile rheumatoid arthritis affects young children.

What causes rheumatoid arthritis?

Exactly what triggers rheumatoid arthritis is not known, but it is in part due to abnormal immune system activity. Rheumatoid arthritis is an autoimmune disease, meaning the body's own immune system attacks the joint tissues. An inherited factor in some families (genetic predisposition) may increase the risk of developing rheumatoid arthritis. Food allergies are a third factor that may contribute to RA. Food allergies cause a low level of chronic inflammation that can create the inflammation or exacerbate an existing inflammatory condition.

What are the symptoms of rheumatoid arthritis?

The main symptoms of rheumatoid arthritis are pain, stiffness, and swelling in the joints of the hands, wrists, elbows, feet, ankles, knees, or neck. Rheumatoid arthritis usually affects both sides of the body at the same time. In rare but severe cases, rheumatoid arthritis may affect the eyes, lungs, heart, nerves, or blood vessels.

How is rheumatoid arthritis diagnosed?

There is no single laboratory test that can be used to diagnose rheumatoid arthritis. Health professionals diagnose rheumatoid arthritis by examining your joints and evaluating your symptoms, medical history, and results of several tests.

How is it treated?

There are three goals in the treatment of RA. First, is to relieve pain and inflammation. Second, to slow or reduce the amount of joint destruction that occurs with RA. The third goal is to improve the joint mechanics by increasing range of motion and flexibility of the involved joints.

Pain relief and reduction of inflammation are accomplished by a multifaceted approach. The pain can be reduced by applying moist heat to a non-acute joint and by using gentle mobilization or adjustive techniques. This will also improve overall joint mechanics and increase range of motion. Ice should be applied to an acute tender joint to reduce pain and swelling.

Chronic inflammation is addressed with a nutritional regimen that includes Omega-3 fatty acids, a B vitamin complex and natural anti-inflammatory supplementation. Glucosamine supplementation will help slow joint erosion while also decreasing aches and pains caused by irritated joints.

Foods that are known to cause an increase in inflammatory products in the body should be avoided. These include but are not limited to red meat, many dairy products and wheat-based products.

This treatment strategy is a long-term approach to reduce the frequency, duration and severity of acute episodes.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

Catalyn

Tuna Omega-3 oil

Calcium Lactate
Trace Minerals B12
Cataplex D
Prolamine Iodine
Zypan

SPECIFIC FOR THIS CONDITION

Biost
Glucosamine Sulphate
Ligaplex II
Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of a paraffin bath on your hands, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut of the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relive pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

Wrist,

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.