



Taking Care of Your Joints

Joint pain is one of the most common forms of pain for aging adults. As you age, the fluid that lubricates your joints decreases and the cartilage that lines your joints becomes thinner. This causes your joints to become stiff, less flexible, and painful to move. Daily activities such as walking, sitting, and getting out of bed can become more challenging. Poor joint health can significantly impact your ability to move and enjoy your life.

Helpful Tips to Ease Joint Pain



ENGAGE IN LOW-IMPACT EXERCISES: Many age-related changes to our joints and muscles are caused by lack of exercise. Movement helps to ease joint stiffness and reduce joint pain. Try swimming, riding a stationary bike, yoga, and walking.



GET IN THE HABIT OF STRETCHING: Stretching can be a great way to relieve joint pain and increase flexibility. Stretching can help you move more freely and make it easier to perform daily activities.



REDUCE EXCESS STRESS ON YOUR JOINTS: A healthy, balanced diet that includes fatty acids, omega-3s, and vitamin D combined with regular exercise can help you maintain a healthy weight and move easier.



APPLY HEAT & COLD THERAPY: Cold compresses help reduce swelling and numb the pain. Heat can loosen up muscles, increase circulation and ease stiffness. Apply an ice pack for 10 minutes or soak in a warm bath for 20 minutes.

If you are experiencing joint pain and stiffness, talk with your doctor about physical and occupational therapy treatment options. Physical and occupational therapy can help you manage your pain so you can enjoy a more active, pain-free life.

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