



# Joint Health, and how to prevent and manage Arthritis

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SGT M PIHEMA



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What is a joint ?

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What makes up our bones ?

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How should I care for my joints ?

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What is Arthritis ?

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How to prevent and manage Arthritis ?

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Dietary considerations ?

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Questions and discussion

Scope



# My experience with Arthritis

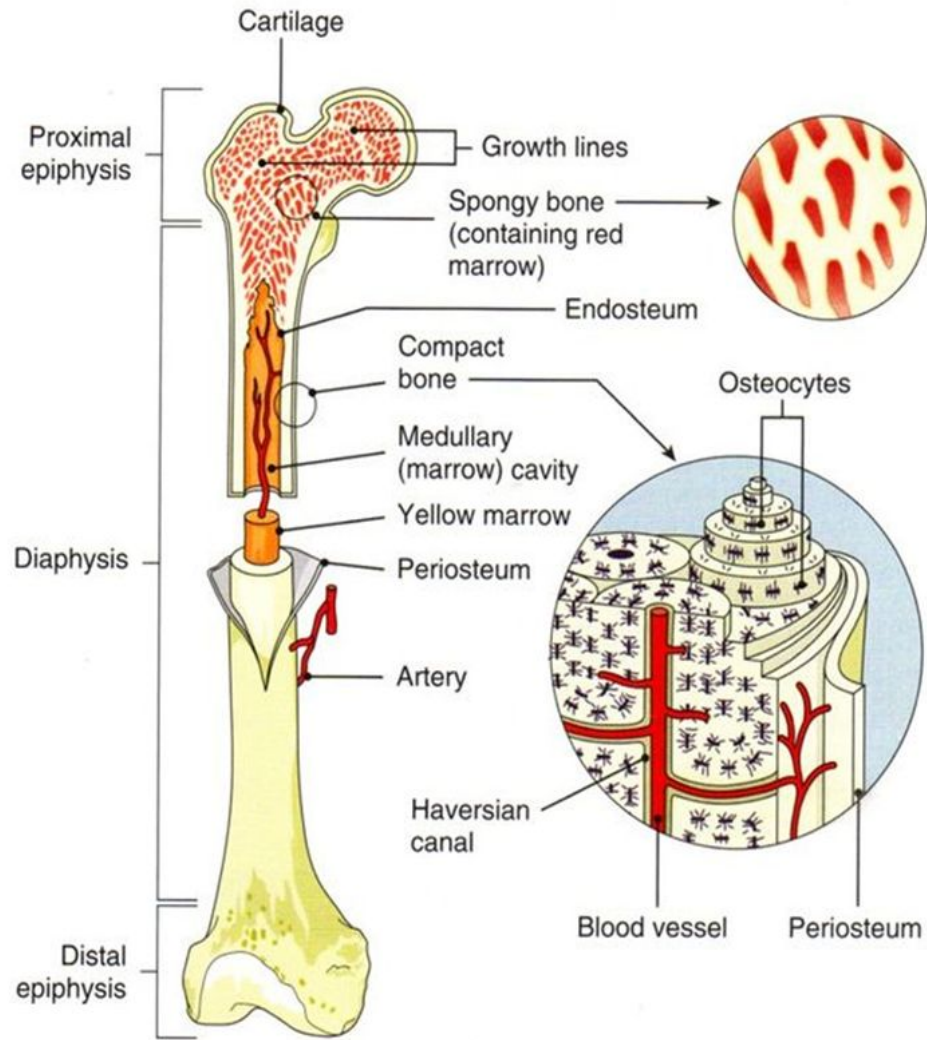
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What is a  
joint ?

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# Bone Composition and Structure



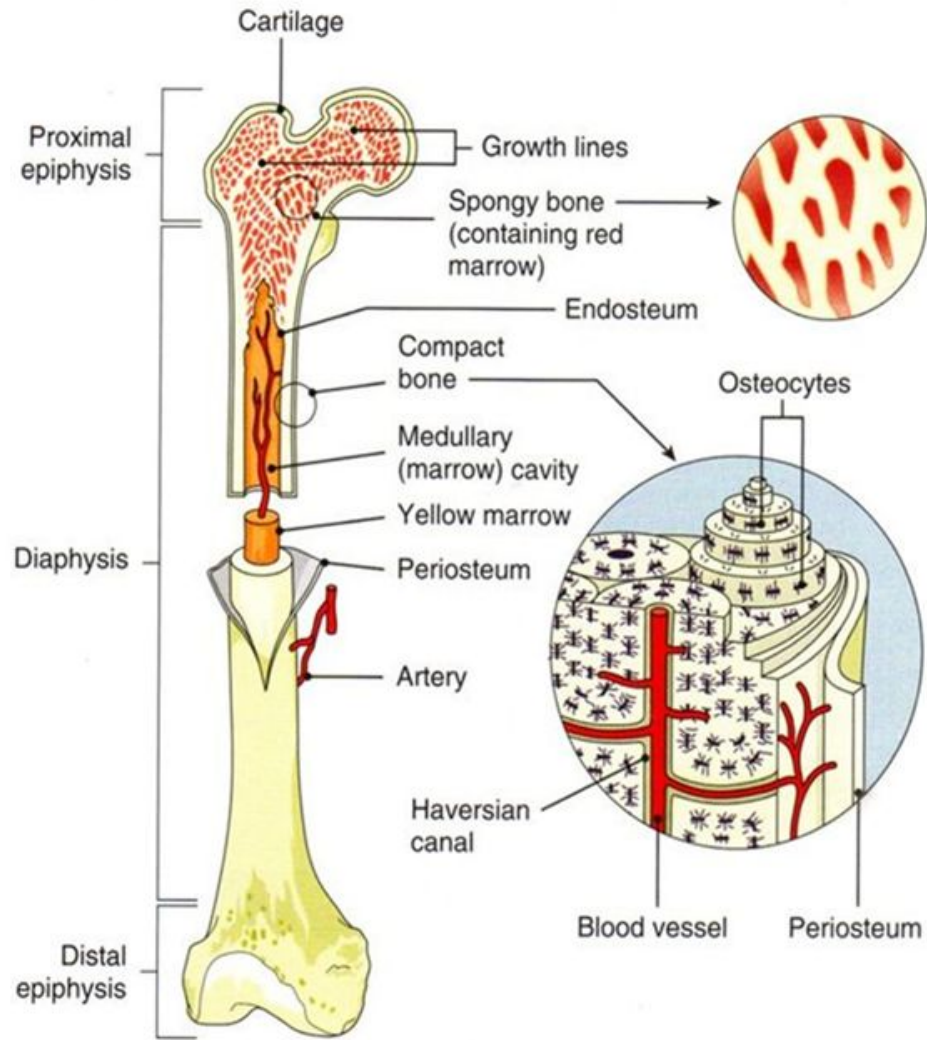
Diaphysis

Epiphysis

Articular Cartilage

Periosteum

# Bone Composition and Structure



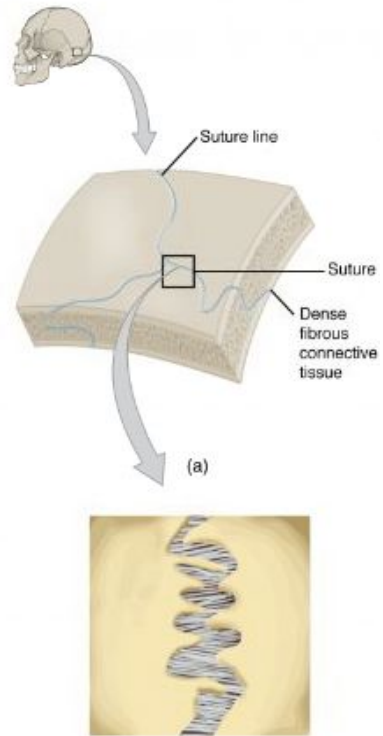
Periosteum

Medullary cavity

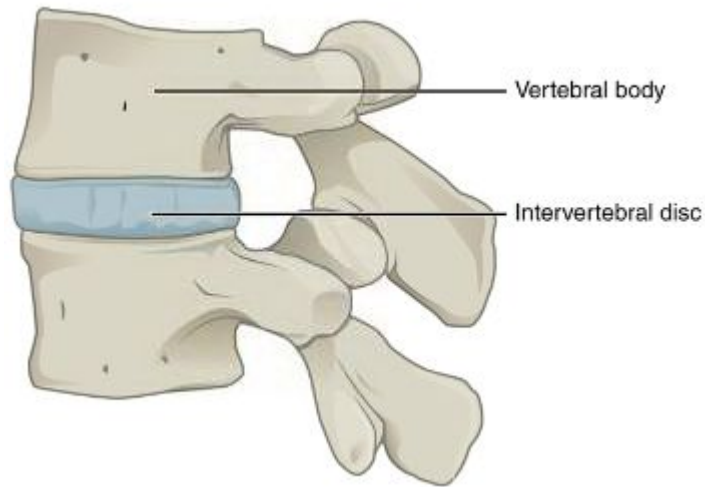
Endosteum

# Different types of joints

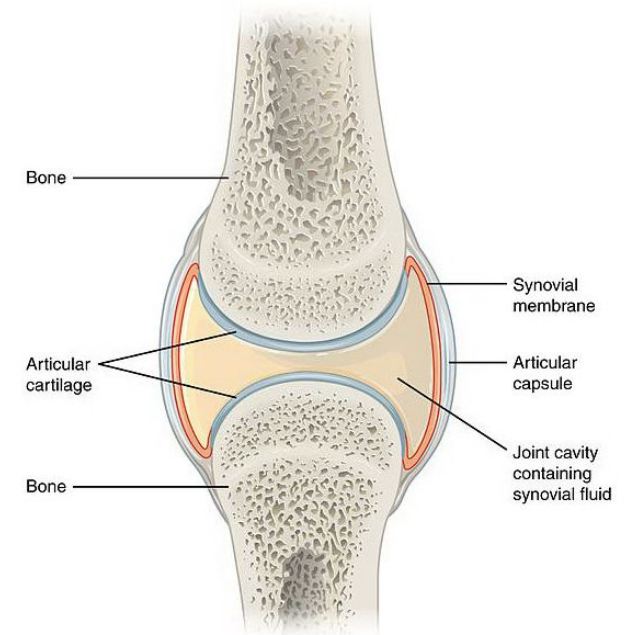
Fibrous



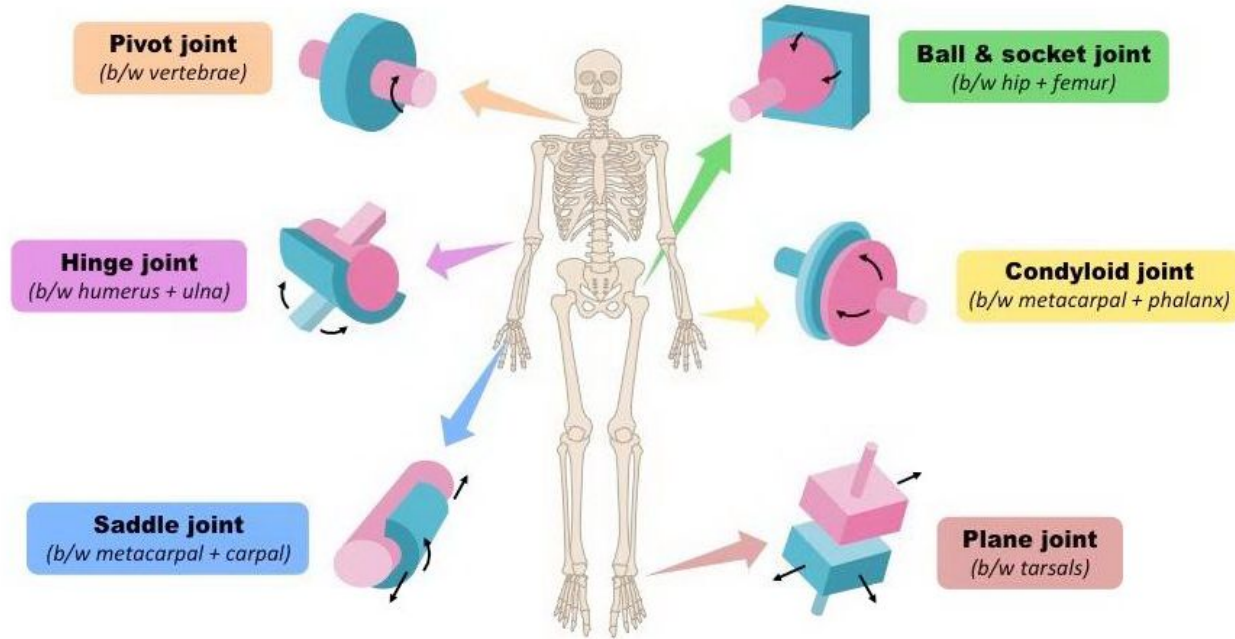
Cartilaginous



Synovial



### Types of Synovial Joints

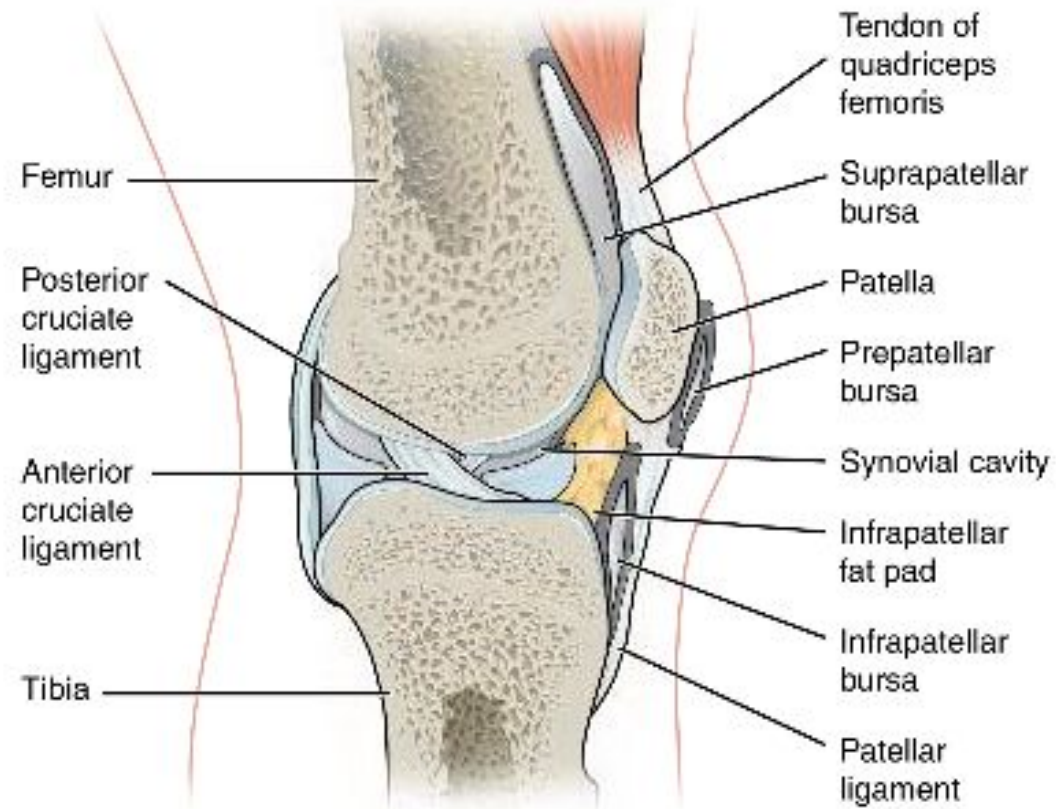


# Synovial joints



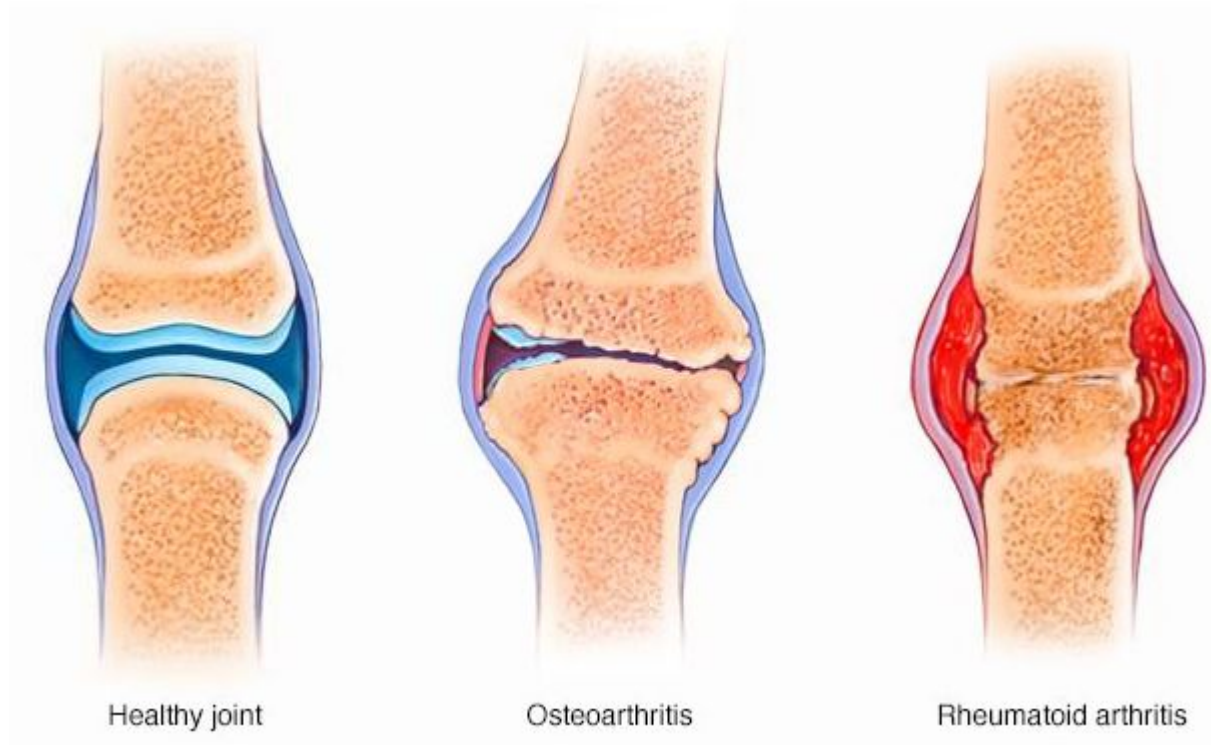
# What makes up a joint ?

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# What is Arthritis?

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# How to care for your joints

Weight loss

Good exercise habits

Hydration levels

Recovery

# Weight loss

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Reduce pressure on joints

Ease pain

Reduce inflammation

Reduce disease activity





# Good exercise habits

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Can help to delay and improve Arthritic symptoms

Minimum of 150min per week

Take time to warm up and cool down

Cardiovascular and Strength training both have benefits

Low impact options such as swimming and biking can reduce pain during exercise

# Hydration levels

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Reduces inflammation

Helps with dispersal of toxins

Reduces friction on articulating surfaces



# Recovery

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Static stretching post activity can help to maintain flexibility and range of motion of your joints

Heat can be used to help promote blood flow. It can also reduce joint pain and stiffness

Cold therapy can reduce inflammation and swelling of the joints





# How to prevent and manage Arthritis ?





# Dietary considerations

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Glucosamine

Turmeric

Calcium

Vitamin D

Omega 3



# What to do within Defence

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## Book a consult with you local DHC

- Orthotics
- Specialist shoes
- MRI
- Specialist

## Referral to Physio

- Posture
- Gait
- imbalances

## Referral to Rehab

- Strengthen
- ROM
- Low impact options



# Questions and Discussion



# References

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[Health.nzdf.mil.nz](http://Health.nzdf.mil.nz)

[www.Arthritis.org](http://www.Arthritis.org)

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**Curcumagalactomannoside/Glucosamine Combination Improved Joint Health Among Osteoarthritic Subjects as Compared to Chondroitin Sulfate/Glucosamine: Double-Blinded, Randomized Controlled Study, Khama et al**

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