

## ARTHROSIS

Arthrosis is the name for the wear and tear of a joint. The cartilage is worn down and the bone can be deformed in very severe cases. These conditions are painful and lead to movement restrictions.

The wear and tear of a joint is a completely natural process.

However, certain factors can speed up the arthrosis;

- False nutrition / wrong diet
- Undue pressure on the joint.
- Injuries
- Excess weight
- Rheumatoid arthritis

The following symptoms could be indications of arthrosis;

- Pain after longer intervals of sitting or lying down
- Stiff joints
- Swollen joints
- Warm joints
- Movement restriction

Usually an arthrosis can be clearly identified on an X-ray image.

With modern therapeutic measures an arthrosis can be avoided or stopped. Even when the arthrosis has been progressing it is still possible to find a therapy to reduce the pain for better mobility.

During our consultation we will discuss your issues and find a therapy concept specifically for you or we will identify possibilities to avoid arthrosis altogether.

Would you like advice?

Are you interested in further information?

Would you like a personal consultation or an appointment in our practice?

We look forward to you.

Kontakt

Online-Termin

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