

## 5 Tips for Arthritis Pain Relief

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However, drugs alone are often times not enough to keep the arthritis pain at bay. Therefore, there are a growing number of people that are seeking alternative arthritis pain relief. If you have considered some non-traditional treatment methods, but are unsure of how they work, the following tips will help to answer your questions.

{bot\_wrgoogle}1- There are multiple pain medications available for people who suffer from arthritis pain. They consist of over the counter remedies such as acetaminophen and ibuprofen to the stronger prescription drugs such as Vioxx and Celebrex. The problem with the stronger drugs is that they often come with undesirable or even dangerous side effects. While the over the counter alternatives are safer, they often need to have other remedies used as well to achieve arthritis pain relief.

2- Exercise is a great option at your disposal when looking for natural alternatives for your arthritis pain relief. Walking is especially good; it is easy to do and does not put too much unneeded pressure on the joints. Other forms of exercises that are especially good for arthritis sufferers are balancing types of movements, such as Tia Chi and water walking. While these activities can help build muscle strength, they may cause some discomfort in the joints. If this happens, stop the exercise, if the pain persists more than a couple of days speak with your physician.

3- Losing weight is another great way to find some relief from your arthritis pain. This is because it has been found that just ten extra pounds adds thirty pounds of stress to the knees. Therefore, losing extra weight will be very effective for arthritis pain relief.

4- Researching and using any product that will make your daily life easier, will also indirectly help ease the pain associated with arthritis. For example, using a shower seat will allow you to shower without much of the pain that can result from extended period of time standing.

5- Visit your physician when you first feel that you are having arthritis pain. Together, the both of you will be able to devise a treatment regimen that is right for you and for your particular situation. Be sure to keep in contact with your doctor, this is the only way to ensure that your treatment methods will change as the pain becomes stronger.

About the Author

John Mancini has been writing about Rheumatoid Arthritis online and offline for a long time. Visit <http://arthritis-expert.net> or <http://arthritis-central.com> to read more about matters like osteoarthritis and arthritis treatment.

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