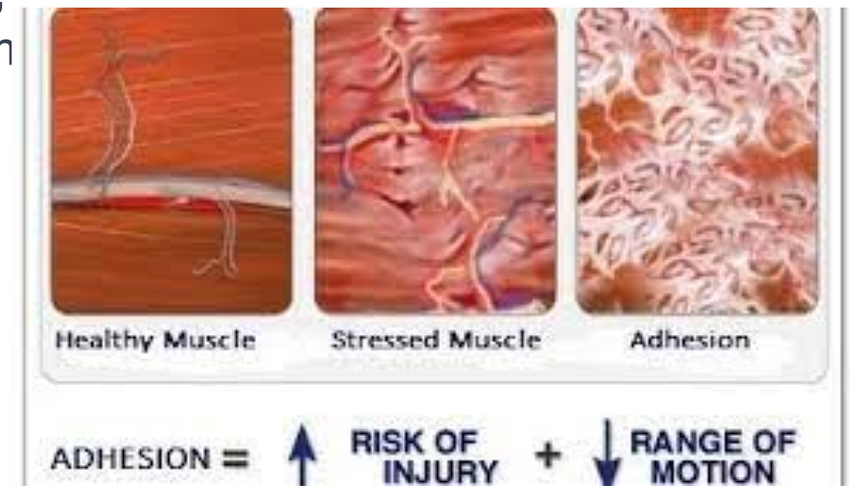
Know Your Joints
Muscle and Joint Care Suggestions

Can you develop adhesions at joint from lack of movement?

Lack of movement can contribute to the formation of adhesions in joints. Adhesions are bands of scar tissue that form between adjacent tissues or structures in the body. When a joint is not regularly moved through its full range of motion, the connective tissues surrounding the joint can become stiff and fibrous. This can lead to adhesions forming between the joint capsule, ligaments, tendons, or muscles, restricting movement and causing discomfort or pain. Adhesions can limit joint mobility and flexibility, leading to issues such as decreased range of motion, stiffness, and muscle imbalances. They can also increase the risk of injury during physical activity, as the affected joint may not move smoothly or function properly. Research in orthopedic surgery and rehabilitation often discusses the importance of early mobilization and movement to prevent the formation of adhesions and maintain joint function.

Adhesions can develop between any adjacent tissues or structures in the body, including joints, muscles, ligaments, tendons, and organs. They commonly form in areas where there has been tissue damage, inflammation, or surgery, but they can also occur in response to prolonged immobility or repetitive stress. In joints, adhesions may form between the joint capsule, ligaments, tendons, or muscles, leading to restrictions in movement and potential discomfort or pain. Adhesions frequently develop within joints like the shoulder, knee, hip, ankle, and elbow due to prolonged lack of motion, resulting in restricted mobility and discomfort, often stemming from factors like injury, surgery, or inflammation.



Overall, it's important to incorporate regular movement and exercise into your routine to maintain good joint health and prevent these negative consequences. This can include activities such as walking, stretching, yoga, or low-impact exercises that promote joint mobility and strength.