Tips to Keep Joints Healthy (Part 3-see part 1 & 2)

Fix Your Posture

Find out what good posture is and practice habits and do exercises to improve it. We are here to help you improve your posture.

Ease Your Load

Practice good lifting and ergonomic techniques always. We are here to show you the way.

Chill Your Pain

Ice is a natural pain reliever. It numbs the ache and eases swelling. If you have a sore joint, apply a cold pack or ice wrapped in a towel. Leave it on for up to 20 minutes at a time. You can also try a bag of frozen vegetables wrapped in a towel. Never put ice right on your skin. Use heat for general muscle tightness and to get a painful joint ready for activity. See Do You Ice or Heat Article.

Supplements? Ask Doctor First, Unless you have money in excess avoid.

Stores are filled with products that promise to relieve joint pain. Glucosamine and SAM-e have the best research behind them. Talk to your doctor if you want to give supplements a try. Some research says they work, others say no.

Treat Joint Injuries

If you get hurt, see your doctor right away for treatment. You may need to skip things that put too much stress on your joint or use a brace to keep it stable.