

7/21/03

ASK THE CHIROPRACTOR

Arthritis pains at night are common

Question: I am very active in my daily activities between work and athletics.

During the day I feel fine but in the morning my joints get achy and inflamed.

Why does this occur?

Answer: You are describing a common occurrence with rheumatoid inflammatory response. When you are active and mobile with your joints the natural motion transfers fluids across your joint surfaces, lubricating and dispensing toxic by-products by natural breakdown. Conditions of chondromalacia (joint deterioration) surface damage such as in knee meniscus damage, vertebral disc compression, scar tissue and general degeneration minimize joint functions and proper lubrication. As long as you stay active and move all your joints daily you will minimize joint pain and dysfunction throughout the day. When you become sedentary or when you sleep it is a natural mechanism of the body to attract fluid to irritated tissues of the body. Your condition may be a joint surface problem. Once you are at rest the joint surface will increase its temperature which is normal. The body senses increased temperature change and responds by trying to neutralize it with fluids filled with minerals, vitamins, and enzymes. The accumulation of these fluids on the joint

surface while at rest is considered a rheumatoid arthritic response.

Osteoarthritis, which is bony irritation, can produce a similar response, only it occurs more while motion is occurring.

Chiropractic adjustments of improperly aligned joint positions, along with proper nutrition and exercise can correct many of these conditions or at least minimize discomfort.

Quote of the week: “He can who thinks he can, and he can’t who thinks he can’t. This is an inexorable, indisputable law.” – Orison Swett Marden