

Breakthrough in the Treatment of Arthritis



Those who have already completed the programme have seen a dramatic improvement in their symptoms; they are in significantly less pain and are able to move more easily. Some patients have even signed up for a course ahead of hip or knee surgery to ensure better outcomes.

Treatment begins with tackling the inflammation. This is achieved by using cutting-edge laser technology that penetrates deep into the tissue, and cryotherapy which cools the localised area to minus 130 degrees Celsius.

Shockwave therapy is then administered to restore functionality quickly by breaking down scar tissue around the damaged joint.

The next priority is to regenerate and repair the joint cartilage with magnet therapy. Ultimately, this form of therapy speeds up the healing process and recovery time, whilst alleviating pain naturally.

Physical rehabilitation plays a crucial role in combating the reduction in movement caused by arthritis. Tailored exercise plans using specialist gym equipment are prescribed, with the aim of rebuilding and strengthening the muscles that stabilise the joint.

Now imagine the benefits of therapist-led exercise sessions in lovely warm water. Optispine's high-tech underwater treadmill provides the ideal way for patients to rebuild strength and improve range of movement in a safe, comfortable way without risk of further damage or injury.

On a final note, Davinder concludes: *"With life expectancy on the rise, it's more important than ever to deal with arthritic symptoms as soon as possible and avoid years of chronic pain in old age."*

"So, if you've noticed your joint flexibility and muscle strength decreasing, and your aches and pains becoming more persistent, it's time to take action."

To book a consultation, please call 01902 898256.



If you're looking for a breakthrough in the treatment of arthritis, then look no further.

Specialist physiotherapy clinic, Optispine Wombourne, has developed a unique programme, using the very latest in technology and therapy to treat this painful and often debilitating condition.

Affecting more than 10 million people in the UK, arthritis occurs through simple wear and tear, leading to the inflammation and degeneration of joints, such as knees, hips, shoulders, and wrists.

Unfortunately, there is no cure for arthritis and, typically, it starts gradually and worsens over time, causing permanent damage to the joint.

Many make the mistake of underestimating the seriousness of this crippling disease, which can have a severe impact on quality of life. Can you imagine not being able to walk for very long or climb the stairs?

Optispine's lead physiotherapist, Davinder Chatha, said: *"We can't stop the degeneration of our joints – this happens to all of us as we grow older – but we can slow down the process to manage the condition and enjoy a full and active life as we age."*

"We have to bust the myth that painful joints are an inevitable part of getting older that we just have to put up with."

The good news is that there's plenty that can be done to help minimise the effects of arthritis and, through years of experience, Optispine has developed an effective programme for patients with varying levels of the condition.

Optispine Arthritis Programme

Breakthrough in the treatment of arthritic conditions

- Ease pain
- Reduce inflammation
- Improve joint stiffness
- Increase range of movement
- Strengthen muscle

-  Laser Therapy
-  Cryotherapy
-  Shockwave Therapy
-  Magnet Therapy
-  Rehabilitation Exercises
-  Hydrotherapy

To book your consultation, please call 01902 898256