

Treatments

Fortunately, there are things that can be done to help minimise the effect of arthritis and, through years of experience, Optispine has developed an effective programme for patients with varying levels of the condition.

Laser Therapy



Our laser technology reduces inflammation, pain and swelling in the ankle, resulting in improved function. This allows the muscles to be exercised and strengthened to help support the affected joint.

Magnet therapy



Magnets promote the regeneration and repair of the joint cartilage in the ankle. Ultimately, this form of therapy speeds up the healing process and recovery time, whilst alleviating pain naturally.

Hydrotherapy



Exercising in our underwater treadmill rebuilds strength and improves the range of movement around the ankle. In turn, this strengthens the muscles that support and stabilise the joint, reducing pain and the risk of further injury.

Cryotherapy



Cryotherapy cools the tissues to minus 130 degrees Celsius to speed up healing and reduce inflammation. Treatment is delivered to localised areas of the body, such as the ankle, using our cutting-edge CryoAir device.

Shockwave Therapy



Arthritis in the ankle can cause inflammation that can affect range of movement. Shockwave therapy has been clinically proven to treat this by breaking down scar tissue, reducing pain and restoring joint functionality quickly.

Rehabilitation Exercises



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

Arthritis Programme

LEVEL OF ARTHRITIS	NO. OF SESSIONS	COST/SESSION	COST /PROGRAMME
Mild	6 sessions	£82.50	£495
Moderate	10 sessions	£80	£800
Moderate to Severe	15 sessions	£75	£1125
Severe	20 sessions	£70	£1400

To book your consultation for an arthritis programme, please call us on 01902 898256.



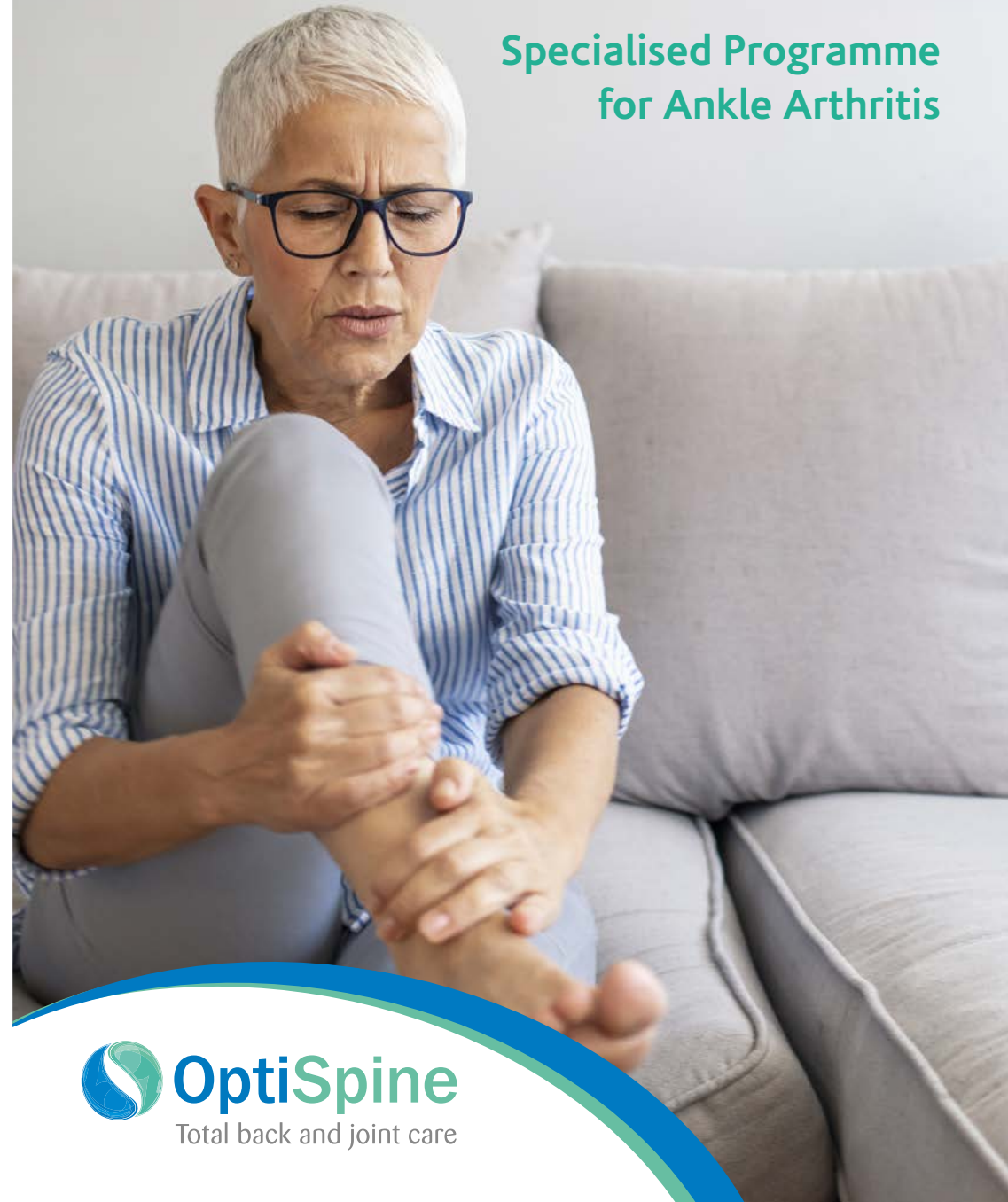
Total back and joint care

Optispine Limited

Foley House, Heath Mill Road, Wombourne, Wolverhampton WV5 8AP
T: 01902 898256 E: info@optispine.co.uk www.optispine.co.uk

Optispine Health Solutions

Specialised Programme for Ankle Arthritis





Arthritis

Osteoarthritis is a painful condition and the most common form of arthritis that affects millions of people worldwide.

It occurs through gradual wear and tear, leading to inflammation and degeneration of the joints, such as knees, hips, ankles, hands and wrists.

As the protective cartilage that cushions the ends of your bones wears down over time, it becomes frayed and rough, and the protective space between the bones decreases.

This can result in bone rubbing on bone, which may produce painful bony lumps called bone spurs.

There is no cure for arthritis. Typically, it starts gradually and worsens over time. Eventually, all forms of arthritis may permanently damage the joint.



Risk factors

Factors that can increase your risk of osteoarthritis are as follows:

- Older age
- Being a woman
- Obesity
- Joint injuries
- Repeated stress on the joint
- Genetics

Ankle Arthritis

Osteoarthritis of the ankle can make it hard to do many everyday activities, such as walking or climbing stairs. It is a major cause of lost working time and a serious disability for many people.

Symptoms

An ankle joint affected by arthritis may be painful and inflamed. Generally, the pain develops gradually over time, although sudden onset is also possible.

Other symptoms include:

- The joint may become stiff and swollen, making it difficult to walk.
- Pain and swelling may be worse in the morning.
- Vigorous activity may cause pain to flare up.
- Loose fragments of cartilage and other tissue can interfere with the smooth motion of joints. The ankle may “lock” or “stick” during movement. It may creak, click, snap or make a grinding noise (crepitus).
- Pain may reduce range of movement.
- Many people with arthritis note increased joint pain with changes in the weather.

Osteoarthritis of the Ankle



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