

Joint Pain

Symptoms

- Unusual pain in the joint
- Stiffness
- Less mobile joint

Joint pain is often due to osteoarthritis, a progressive wear and tear of the joint or to rheumatoid arthritis, an immune attack on the joint (in these cases, see the corresponding condition in the present guide for more targeted recommendations). In other cases, joint pain is transient, due to an unusual solicitation of the joint or to a particular effort, for example an intense physical activity to which the body is not used to, or to a long morning of gardening.

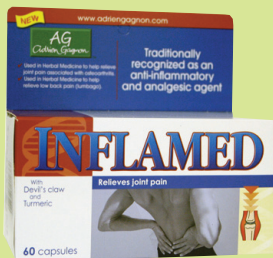
Recommended products



Arthriflex cream

The Arthriflex cream has an analgesic action that rapidly eases joint pain. This product is ideal for temporary joint pain.

[learn more >](#)



Inflamed

Inflamed contains plants with anti-inflammatory properties that start acting fast to help reduce acute joint pain and inflammation.

[learn more >](#)



Glucosamine Products

Glucosamine is effective at reducing chronic joint pain due to osteoarthritis or cartilage wear and tear. Glucosamine's advantage is that it fights the cause of the pain by helping repair and protect cartilages.

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Health recommendations page

2

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Joint Pain Health Recommendations

Diet

Eat omega-3 rich foods instead of omega-6 rich foods; this will favourably impact pain reduction. Indeed, omega-3s favour an anti-inflammatory pathway, while high omega-6 levels will favour the opposite. Trans fats and saturated fats will be advantageously taken away of the diet. Fish, fruits, fresh vegetables and first, cold-pressed oil (more specifically olive, flax seed, canola or hemp oils) are to be privileged.

Hydration

A proper hydration will allow for a better elimination of waste compounds that can accumulate in the joint after intense efforts. A woman should drink 2 litres of water daily while a man should reach 3 litres a day.

Physical Exercise

When muscle tensions are present, joint pain can be worsened. Soft exercises including stretching will help decrease pain and better oxygenate joint and surrounding tissues. Moreover, practicing physical exercises regularly will favour blood circulation and increase the availability of nutrients for joint tissues. Simply choose exercises that do not impose an additional stress on the painful joint.

Relaxation

Rest is critical for the joint to effectively recover. However, there has to be a balance between rest and exercise. This balance will speed up the repair process.

Basic Advice

To avoid damaging the painful joint further, avoid using it too hard. Practice some flexibility exercise with the painful joint without imposing a charge. Take the time to prepare the surrounding muscle before undertaking a physical activity that will necessitate the painful joint. Do not forget to stretch afterwards.

Although imposing an effort to the painful joint is not recommended, we must however move it to help with the repair process and recover its full range of motion without losing mobility in the long term.



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