

Facts about Rheumatoid Arthritis

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Rheumatoid Arthritis (RA) is a chronic and painful clinical condition that leads to progressive joint damage, disability, deterioration in quality of life, and shortened life expectancy. Even mild inflammation may result in irreversible damage and permanent disability.

Where it happens?



Figure a



Figure c



Figure b



Figure d

- Tempomandibular joints
- Cervical spine
- shoulder joints
- elbow joints
- wrist joint
- Meta carpophalangeal joint
- Proximal interphalangeal joint
- Distal interphalangeal joint
- Hip joint
- knees
- Ankles
- Tarsals joints
- Meta tarsophalangeal joint

Passive treatments for rheumatoid arthritis

- Cold Therapy
- Heat Therapy
- Hydrotherapy
- Massage
- Transcutaneous electrical nerve stimulation (TENS)
- Ultrasound

Active treatment for rheumatoid arthritis

- Flexibility and Strenghting exercises
- Low impact aerobic exercises.

Prevention of rheumatoid arthritis

- Stop Smoking
- Limit Alcohol
- Minimize Bone loss
- Improve oral health
- Maintain a healthy weight
- Stay Active
- Reduce Exposure to Environmental Pollutants.