

Chronic joint inflammation, instruction for patients

Read some instructions and learn how to help yourself. Chronic joint inflammation needs regular medical attention and specific medicine, therefore go and see your doctor regularly. Follow the doctors advices in taking the medicine and discuss the benefits the drugs (medicine) have, during the following visit to your medical doctor. Anti-inflammatory medicine can irritate your stomach, therefore take them after eating your full meal. Eat boiled potatoes regularly and drink a sip of milk in between, it will help you to support the medicine better.

By following these instructions you can protect your joints and reduce the frequency of inflammation attacks:

1. Move your joints and move your body; never too much and never not enough, avoid heavy labour.
2. When washing your clothes avoid using cold water, only warm water is better for your finger joints.
3. Avoid HOT water bath, your joints are sensitive to heat.
4. Avoid exposing your joints to strong sunshine, protect your body with proper clothes; too much sun can provoke the inflammation. A mild sunbath on your bare body in the early morning or late afternoon sun will not harm you. It can even be healthy.
5. Eat a lot of vegetables and white meat like chicken and fish; Do not regularly eat meat of cows and pigs, these types of meat heat up the joint inflammation. Avoid spicy food, in particular peri peri, pepper and chillies.
6. Watch your body weight, obesity makes knees and ankle joints worse.
7. In winter time dress properly to avoid coldness in your joints, use pyjamas and socks. Strong cold on your joints can provoke inflammation.

Rubbing medicines on painful joints is usually common in times when your joints are not painful. During painful periods (your joints feel warm or even hot), you should avoid warming ointments which further warm up the joints and your pain can get worse. Avoid these ointments and use something which cools down your joints.

If you need more information and advice contact the Physiotherapy Department at your local hospital.