

# Arthritis Knee Pain Relief

**O**steoarthritis or simply called knee arthritis is a kind of arthritis that is caused by the breakdown and collapsing of the cartilage. Cartilage is the protective coating between the two joints. It occurs mostly in old males aged 45. There are 2 causes of knee arthritis; the primary and secondary osteoarthritis. When the cause of arthritis is unknown, it is said to be the first. It is related to aging. When a person gets old, the cartilage degenerates also thus; causes the friction of the joints. On the other hand, secondary osteoarthritis is caused by the risk factor condition like obesity, joint surgery, gout, and trauma. A severe [joint pain](#) is the symptoms of this type of arthritis.



- The joint pain from knee arthritis is excruciating and might prevent you from doing the normal activities.
- Knee arthritis pain relief is needed.
- Apirin as well as acetaminophen may well be enough treatment with regard to mild osteoarthritis.
- One of the two medicines, acetaminophen is most preferred because it has less side-effect especially to the elderly people.
- Topical pain reducing product may also be applied like capsaicin and methyl salicylate.
- New medications contain Voltaren gel and Flector Patch.
- Both are anti-inflammatory.
- You can find non-steroidal anti-inflammatory drugs like aspirin, ibuprofen, naproxen and nabumetone.
- These types of medications have side-effects, which can be very uncomfortable.
- Alternative medicine for knee arthritis is available.
- It includes health supplements like glucosamine and chondroitin.
- A shot of cortisone too may give an effective relief.
- Addition to the above medication, fat burning and stress free lifestyle is advised.
- Exercise is a helpful activity.
- It strengthens muscles and bones that support the joints.
- Exercises suited for this pain are swimming, walking, stationary cycling, and very light weight training.

Above all, resting is the most effective way of treating sore knee joints just physically but emotionally as well.

## Visit for Doctor's Consultation is Needed When Symptoms Persist

There are a lot of medications available for the relief of knee arthritis. Do not sacrifice things from a single pain. Give attention to the early signs and symptoms of knee arthritis and any other abnormalities in your body. Prevention is always better than remedy.

Want to know much more about Arthritis [Knee Pain](#) Relief? Visit Michael Harrah's site at <http://www.arthritis-painrelief.net> now to acquire more information exciting info.

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