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Arthritic treatment, which is effectual, reduces irritation and swelling up of arthritic joints. The inflammation can be reduced by lengthening the muscles attached which enclose the arthritic joints. If extreme muscular tension is detached from arthritic joints, you can go for cartilage restoration. Joints that are affected by this disease are- knee, shoulder, neck, hip, spine, lower portion of the back, hand, foot, thumb and toe. The best solution to treat arthritis is the AIS or Active Isolated Stretching therapy.

Active Isolated Stretching Therapy

This therapy addresses muscular inflexibility, since it counts to be one of the major factors in arthritic pain. Muscles surround the different joints. Rigidity in muscles results in inflammation of the joints and deterioration of the cartilages- two exact conditions causing pain who suffer from arthritis. Moreover, strains of muscles on the joints cause the cartilage to tear down. Cartilage absorbs the shock caused to joints. This swelling up of joints and cartilage degeneration result in rheumatoid arthritis. Lengthening of the optical muscles is the definite arthritic pain management.

With the decrease in the joint movement area, the joint starts to dip a hole in cartilages, as it treads in a smaller area. Isolated Stretching therapy, which is active, enhances the motion in the various arthritic joints. The joint moves in a larger area, thereby preventing the cartilage to degenerate.

The tension on the arthritic joints, which ceases new cartilage to develop on the bones, is extreme muscular stress and tension.

In arthritic pain management, blood circulation gets refreshed. Certain waste products that remain stagnant move from these arthritic joints and there is circulation of nutrition and fresh oxygen. It enhances in the improvement of cells that revolve the joints. All these factors facilitate in cartilage restoration.

The approval of stretching the muscles for reducing arthritic pain is not a new phenomenon. However, the AIS therapy, which is a modern arthritic pain management, is twenty times more effectual than old methods. It surpasses conventional stretching, Thai message and yoga. Stretches that are done repeatedly are much better than a single lengthy stretch. Active Isolated stretching therapy is extremely advantageous for conditions that involve sciatica, herniated disc, neuropathy, spinal steno sis, scoliosis, and spondyliseis, bursitis, kyphosis, constant neck pain, headaches, frozen shoulder, Parkinsonâ€™s , sports injuries, Alzheimerâ€™s, multiple sclerosis, strokes and various other physical diseases.

Distinct MDs have examined cartilage restoration and the discussions are made in important books. Arthritis is an intense disease and cure should be taken with great care. Therefore, you must go for the modern and advanced process.

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