

Orthopedics, osteoarthritis and osteoporosis, physiotherapy

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With the aging of the work force, Physiotherapists must prepare for encounters with clients who are challenged by osteoarthritis or osteoporosis. Clients should be encouraged to exercise safely to promote functioning at home and work. Osteoarthritis is a painful degeneration of the cartilage in one or more joints, commonly the knees, back, hips, or hands. Workers with osteoarthritis may be challenged by daily activities, and may become depressed. Symptoms can include difficulty bending the joint, enlargement of the joint, or even cracking sounds when moving the joint. Osteoarthritis affects both men and women; it is one of the most common forms of arthritis among older Americans (National Institute of Arthritis and Musculoskeletal and Skin Diseases. Common

treatment for osteoarthritis pain includes heat or cold, frequent position changes, oral or topical medications, self-distraction, and exercise. Oral medications can cause stomach irritation and kidney or liver damage if used long-term, and should be used only under provider guidance. Reading, listening to music, journal writing, relaxing, and for adults with hip and knee osteoarthritis. Gentle walking, slow stretching, or moderate water exercises are effective exercise choices that do not injure painful joints (National Institute of Arthritis and Musculoskeletal and Skin Diseases. When exercising in a class setting, an individual with osteoarthritis should skip exercises that cause pain, replacing those moves with exercises that do not cause pain.

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