

What You Need to Know About Bone and Joint Pain

Consequences of Untreated Joint Pain

If you experience new joint pain, you may be able to manage it on your own for a while. But if that pain doesn't go away or gets worse, it may be time to see an orthopedic specialist.



Reasons to see an orthopedic specialist:



Decreased mobility, such as being unable to reach your hands over your head or climb stairs



New joint pain that doesn't go away on its own



Reliance on over-the-counter medications to manage pain



Severe pain that keeps you up at night



Ignoring joint pain may lead to decreased mobility, arthritis, and severe joint damage. A joint injury sustained when you're young may lead to arthritis later in life.

How to restore quality of life and improve long-term health:

Maintaining a healthy lifestyle is one of the best things you can do for your joints. Try these tips:



Eat a healthy diet full of fruits and vegetables.



Get at least **7-9 hours of sleep** every night.



Maintain physical activity with at least 150 minutes of moderate-intensity aerobic exercise per week.



Beyond a healthy lifestyle, joint treatments can help improve your quality of life by increasing your mobility and decreasing your pain. Procedures such as total joint replacement can also improve your long-term health by helping the joint function properly.

| Request an appointment with the Reid Health Comprehensive Bone & Joint Center at **(765) 234-3636**.

Your Joints and Bones: How to Stay Healthy and Strong

Learn how to take care of your bones and joints from head to toe.

Spine

The spine keeps your body in alignment and acts as its vertical support system. Keep your back healthy by:

- **Lifting with your legs** and avoiding heavy lifting by yourself
- **Maintaining good posture** and correcting poor posture
- **Strengthening your back** by stretching at least twice a week

Wrist

Wrists allow our hands to achieve a wide range of motion, but they can be the first to be injured during a fall or stumble. Keep your wrists healthy by:

- **Keeping proper form** when performing exercises like push-ups and bicep curls
- **Stretching your arms and wrists** frequently when working
- **Wearing wrist braces** when playing sports like basketball and football

Knee and hip joints

Your knee and hip joints support your weight and are the largest joints in your body. Take care of them by:

- **Choosing low-impact physical activities**, such as walking or cycling
- **Eating a healthy diet** high in fruits and vegetables and low in processed foods to limit inflammation
- **Losing weight** to prevent excess pounds from adding stress to your knees and hips

Ankle

Our ankles feel the pressure of everyday life. Prevent ankle injuries by:

- **Putting on an ankle brace** for extra support when doing high-impact exercises, such as running
- **Warming up your ankles and legs** before physical activity
- **Wearing supportive shoes** and avoiding high heels



What causes bone and joint pain?

- Arthritis
- Broken bones
- Bursitis
- Gout
- Joint overuse
- Stress fractures
- Tendinitis
- Viral infections, such as the flu and COVID-19

Explore Reid Health pain management services by visiting ReidHealth.org/Orthopedics.



Nonsurgical Solutions for Joint Pain

IF YOU ARE suffering from joint pain, you might think surgery is the only treatment option, but this is often not the case. Many nonsurgical options can relieve joint pain. When you see a Reid Health orthopedic specialist, he or she will determine the cause of your pain and develop a personalized treatment plan that is right for your injury or condition.

Getting a diagnosis

To determine which solutions might work best for you, your provider may ask the following questions to better understand your condition:

- Are you experiencing any stiffness? If so, are your joints stiffer in the morning?
- Are you experiencing numbness along with the pain?
- Do home remedies, such as over-the-counter medicines or warm compresses, help relieve the pain?
- Have you had a recent injury?
- Have you recently been ill or had a fever or rash?
- Is the pain constant, or does it come and go?
- When did the pain start? Did it start suddenly or come on gradually?
- When is the pain most noticeable? Do certain motions trigger it?

Your provider will also do a physical exam to find what part of the joint the pain is coming from and what motions trigger it. He or she will also check for signs of inflammation, including swelling, warmth, redness, and tenderness. You may also need to get tests, such as blood tests, X-rays, and joint aspiration to obtain fluid.

Finding the right treatment

Based on the results of your evaluation, your provider will recommend a treatment plan. Depending on the cause of the pain, options might include:

- Antibiotics for infections
- Cognitive behavioral therapy, which can help you learn about emotional triggers of pain and how to manage them
- Heat therapy, including warm compresses and baths
- Injections of corticosteroids into the joint
- Massage
- Medications, such as acetaminophen or nonsteroidal, anti-inflammatory drugs, including ibuprofen and naproxen
- Physical therapy
- Regular exercise
- Stretching exercises
- Weight loss, which can relieve pain

For many people with arthritis or other conditions that cause acute or chronic joint pain, one or more of these treatments can relieve inflammation, stiffness, and pain. Your provider will work with you to find the right combination of nonsurgical treatments before surgery is considered.

Visit [Reid Health Ortho Walk-in NOW](#) for same-day care of pain related to chronic or acute orthopedic issues, such as sprains and strains, arthritis, or other conditions.



Understanding Joint Replacement Surgery

WHEN YOU HAVE joint pain, it is often the result of the cartilage between the joints wearing away due to arthritis or other conditions. If nonsurgical solutions do not help relieve your pain, you might be a candidate for joint replacement surgery.

Total vs. partial joint replacement

There are two types of joint replacement surgery, total and partial. Your provider might recommend a partial joint replacement if you have fractured a certain part of a joint or you have isolated arthritis. But if the problem involves the entire joint, such as the ball and socket of the hip, a total joint replacement is likely a better option.

During joint replacement surgery, an orthopedic surgeon replaces the damaged joint with an artificial one made of metal, plastic, or ceramic. The new joint mimics the motions of the original joint, allowing you to resume activities that previously caused pain and discomfort.

Minimally invasive procedures

Reid Health offers minimally invasive and robotic-assisted options for total and partial knee replacements and total hip replacements. These types of surgeries use smaller incisions, leading to many benefits for patients as compared with traditional open surgery:

- Faster recovery
- Fewer complications
- Less pain following surgery
- Shorter procedure times

At Reid Health Comprehensive Bone & Joint Center, surgeons use the Mako robotic-arm system to perform joint replacements with increased accuracy and speed. After capturing a 3D image of the damaged joint with a CT scan, the surgeon uses the robotic arm to perform the procedure while getting real-time data to optimize results. Talk with your provider to find out whether robotic-assisted surgery is right for you.

Long-term outcomes

For most people, joint replacements last for many years. Many people report better quality of life after the procedure, as they can participate in activities that were no longer an option due to joint pain. It can also help people regain their independence as daily tasks become easier.

Protect your new joint

After undergoing joint replacement surgery, it's important to carefully follow the instructions of your provider or physical therapist.

Exercise is a critical part of healing and recovery, as it helps to restore mobility and make the new joint stronger. Your provider may recommend physical therapy, and you will learn exercises that you will need to perform at home on a regular basis. It's also important to take any prescribed medications as directed and follow your provider's guidance on what activities you can and cannot do during the recovery period.

After you have fully recovered, keep your new joint healthy by getting regular physical activity as recommended by your provider.

Make an appointment with an orthopedic surgeon by calling **(765) 234-3636**.



**Reid Health
Comprehensive
Bone & Joint Center**