



Hands On

Wadsworth Osteopaths



Newsletter



June 2014

This month's theme is Arthritis and Rheumatism - what's it all about and what can we do to help?



In this issue

Rheumatoid and Osteoarthritis – How osteopathy got me moving again – a patient's story

So what is Arthritis and rheumatism? Osteopath Christine Davies has the details.

How Chinese Medicine can help Arthritis and Rheumatism

Top tips on diet and exercise for arthritis suffers from nutritionist Derek Wilson

Our new 24/7 Central Booking System – 01482 875004

The Alzheimer's Society is Wadsworth Osteopaths Charity for this Year

Consulting Rooms available

Get money off your treatments with our Loyalty Scheme

Arthritis – help is at hand How osteopathy got me moving again – a patient's story

I was diagnosed with rheumatoid arthritis in my thirties, and have only recently in my sixties finally agreed to take the drugs that have been advised by my consultant after a particularly difficult year. The treatment, however, is not effective for the osteoarthritis in my knee. I had begun to struggle to bend my leg at all when walking and was finding it very painful and difficult to get the knee working after waking in the morning.

My family and I have used osteopathy often over many years, most often for backs and shoulders, and had always found it very helpful. So, when I was advised to have a steroid injection in my knee that I really didn't want to have, I sought Mr Wadsworth's advice and help.

No doubt a steroid injection would have had instant results, but there would also have been disadvantages, and I was very reluctant to introduce more drugs into my system. After the first two treatments from Mr Wadsworth and the exercises he suggested for me to do at home, I was able to bend my knee which made walking so much easier. Then, over a number of weeks, he was able to free it enough to allow me to garden without significant difficulty. I know the joint is irreversibly damaged, but osteopathy has given me respite beyond my hopes. It has eased the muscles and ligaments that had become so tight and hard preventing proper movement, realigned my hips that had been compensating for my odd walking gait, and then taught me what I must do to maintain my mobility for as long as possible.

I could not have anticipated quite how much could be done for me. I have regained a sense of myself as a mobile woman still very much in life, able to do many things that had become very difficult for me, things that are hugely important to me. I would encourage all those with pain or compromised mobility to try osteopathy. It is wonderful what can be achieved without the use of strong drugs.



Robert Wadsworth explains why osteopathy helps:

“Arthritis comes in many forms – there are 100 or so different types - but Rheumatoid Arthritis (RA) and Osteoarthritis (OA) crop up most frequently. Unfortunately my patient, Lucy, had both.

She was managing her RA well with medication but her OA knee was becoming a bind. When we assessed her she had poor movement in the knee and the muscles, particularly at the back of the knee, were over-tight. She was also walking awkwardly which caused problems in the lower spine and pelvis as her body tried to compensate.

By working carefully to avoid extra strain on the damaged knee we were able to address all these factors – improve mobility, slacken off the tense muscles, improve the way her spine and pelvis were compensating for the arthritic knee and help improve her gait. She had tried to walk as quickly as she could with as long a stride as she could manage. This was actually making things worse. So by shortening the stride and concentrating on heel-toe walking she was able to walk much more easily.

While we do not claim to cure arthritis we find that, in many cases, by making the very best of the limitations of the worn joints, and helping the rest of the body to compensate correctly, we are often able to improve mobility, reduce pain and enhance quality of life by allowing a wider range of activities.”

So what is Arthritis and rheumatism? Osteopath Christine Davies has the details.

Arthritis is a joint disorder, characterised by inflammation of one or more joints in the body. There are many different types of arthritis, the most commonly known, is osteoarthritis. Osteoarthritis: The facts

More than 8 million people in the UK are affected by osteoarthritis

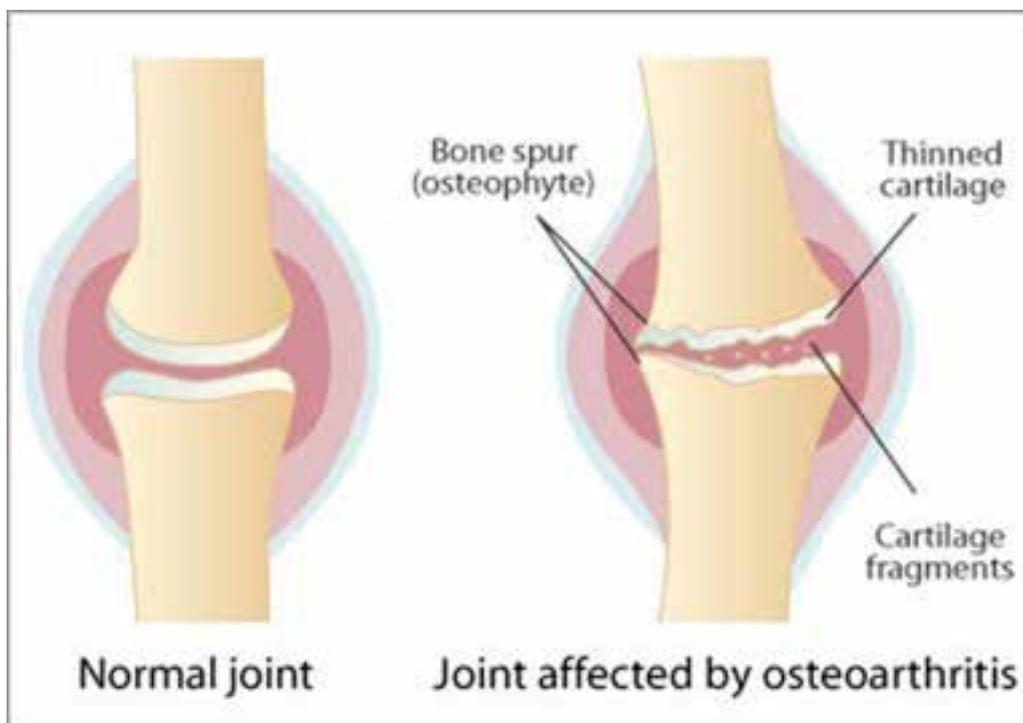
The spine is the most common site of osteoarthritis (known as spondylosis)

Approximately 160,000 hip and knee replacement operations are performed in England and Wales every year

The average cost of a hip replacement operation is £7,350

What is osteoarthritis?

As these figures suggest, a significant number of our patients come to see us because of pain caused by osteoarthritis. People, however, are often unclear about what it exactly is. Many people are scared that they have 'crumbling bones' or that their 'discs are wearing away'. In fact, osteoarthritis is a normal process which happens as we all age and may be viewed as 'wear and tear' of the joints. The space between the bones in a joint becomes smaller and the cartilage gradually thins, exposing the bone beneath. Excess bony growth occurs along the margins of the joint, which can cause pain and restriction. Certain factors increase a person's risk of developing arthritis in a particular joint, such as an injury to that joint or a family history of arthritis.



What are the symptoms?

The most common symptoms of osteoarthritis are pain in the joint and restricted movement and function of that joint. For example, people suffering hip or knee arthritis may feel pain during or after walking, and may have difficulty putting shoes and socks on. However at rest, when the joint isn't being asked to move and there is no weight going through it, the pain often eases. The joint may become enlarged or swollen due to the excess bony growth, and may feel slightly warmer than other joints. A crackling noise or sensation of grinding may also be experienced when moving the joint.

How is it diagnosed?

Medically, arthritis can often be diagnosed based on clinical examination and symptoms and is confirmed by x-ray.

Osteopaths use palpation (a highly specialised sense of touch) to examine joints and soft tissues. We also ask patients to perform certain movements and assess the range of these movements of joints to form a diagnosis.

How can osteopathy help?

Whilst there is no cure for osteoarthritis, osteopathy can be extremely successful in alleviating pain and improving the range of movement of the affected joints. This allows patients to be able to perform day to day tasks, such as getting dressed, cleaning, gardening and walking, much easier and with less pain. Regular 'maintenance' treatment can also be beneficial in delaying the need for joint replacement surgery and ensures that the body is in tip top condition to be able to recover successfully if/when the time comes to have the surgery.

How Chinese Medicine can help Arthritis and Rheumatism by Acupuncturist Becky Pickering

Rheumatism, arthritis, including osteoarthritis, rheumatoid arthritis, fibrositis, bursitis, myalgia, lumbago and sciatica are all familiar names in Western Medicine.

In Traditional Chinese Medicine (TCM) we have different terminology and collectively call it "Bi Syndrome".

According to traditional Chinese philosophy our health is dependent on the body's motivating energy - known as Qi – moving in a smooth and balanced way through a series of channels (meridians) beneath the skin. Along these channels lie acupuncture points and when an acupuncture needle is inserted, it is the Qi (energy) that is affected.

The Chinese have compared the flow of Qi through the meridian system to water irrigating the land, feeding, nourishing and sustaining the substance through which it flows. It is similar to the blood circulation and nervous system but invisible to the eye.

According to TCM, arthritis arises when the flow of Qi and Blood become blocked and prevented from passing through the body's energy pathways.

The Chinese believe that pathogenic factors such as Wind, Cold, Damp, and Heat can penetrate the body's defences and enter muscles, tendons and joints causing stiffness and pain. For example, how many times do we hear people complain that their aches and pains are worse on cold damp days?!

In prolonged cases there may be contracture of the extremities and swelling or deformity of the joints.

When a person's defensive energy is weak they have difficulty resisting pathogenic factors and their body can easily be invaded by either Wind, Cold, Damp or Heat.

Past trauma, or overuse of one part of the body, followed by invasion of Wind, Cold, Damp or Heat can often explain pain at the site of old injuries many years after the event.

Bi Syndrome is differentiated into 4 main types in which Wind, Cold, Damp and Heat predominate respectively. In practice you often see a mixture of syndromes

Wind Bi - pain wanders and may be widespread involving many joints.

Cold Bi – severe biting, stabbing pains, alleviated by heat and worse for cold.

Damp Bi – fixed pain, stiffness and numbness, body may feel heavy, swollen joints, worse for cloudy wet weather.

Hot Bi – painful, red hot swollen joints, severe pain in one or several joints.

Once the Bi Syndrome is diagnosed a treatment plan can be put into place. Treatments may include Acupuncture, Acupressure, Herbal Medicine, Dietary advice, Massage and Exercise.

Acupuncture is very good for treating pain. Sterile needles are placed into acupuncture points along the meridians to move the blocked Qi and Blood. Most people's experience of needles is of those used for injections and blood tests. Acupuncture needles bear little resemblance to these - they are much finer. When the needle is inserted, the patient often feels a tingling sensation or dull ache. Needles are left in place for approximately 20 minutes and patients often feel very relaxed. Indeed, many fall asleep.

The Acupuncturist may supplement the needle treatment with Moxa, a smouldering herb which is used to warm acupuncture points to encourage the body's energy to flow smoothly. Other methods of stimulating points include laser and electro acupuncture .

It is difficult to predict how many treatments a patient may require as the response depends on the severity of the condition, the length of time they have suffered from it, their general health, including diet and exercise, and medication.

A holistic viewpoint has always formed the basis of Traditional Chinese diagnosis. Arthritis is a label and we know that there are many variations. It may be the one complaint that brings a patient to the clinic, but it is the whole person and not just the illness that the Acupuncturist is interested in. A thorough case history is taken. We discuss their general health, family history, digestion, diet, bowels/bladder, sleep, life-style and so on. The patient, therefore, may not only get relief from pain, their general wellbeing may also improve.

Top tips on diet and exercise for arthritis sufferers from nutritionist Derek Wilson

Rheumatoid Arthritis (RA) is a potentially disabling disease. Due to the pain, high doses of pain relief medication are often required. Unfortunately, as with all drugs, there are some side-effects. With some there is an increased risk of heart attack, stroke, kidney failure, ulcers and bleeding in the stomach and intestines at any time during treatment. In the US, the FDA's Adverse Event Reporting System showed that in the first 3 months of 2008, there were over 2,700 deaths from Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) and Paracetamol, so the risks can be serious in some cases.

Nutritional and Exercise Approach

Limiting sugar is a critical element of the treatment programme. Sugar has multiple & significant negative influences on your biochemistry. First and foremost, it increases your insulin levels, which contributes to many chronic diseases.

In my experience, if you are unable to decrease your sugar intake, you are far less likely to improve. The number one source of calories in the US is high-fructose corn syrup found in fizzy drinks. This can be responsible for inflammation in the body which aggravates many arthritic conditions. One of the first steps you can take is to phase out fizzy drinks, and replace them with pure, clean water.

Exercise can be beneficial to increase muscle tone on non-weight bearing joints. Passive range of movement exercise has also been Anchorshown to increase white blood cells around the joints - stretching and applying heat prior and ice post-exercise can also help. It's important to get the balance right between rest and activity. If joints ache for an hour after a particular activity, it's a sign you've done too much.

Key Tips:

- It is important to get advice prior to making significant dietary changes, but these are some areas we look at when we see people with arthritis:
- Eliminating sugar, especially fructose, and most grains. For most people it would be best to limit fruit to small quantities
- Eating unprocessed, high-quality foods - organic and locally grown if possible
- Eating your food as close to raw as possible
- Getting plenty high-quality, animal-based omega-3 fats. Krill oil seems to be particularly helpful here as it appears to be a more effective anti-inflammatory preparation. It is particularly effective if taken concurrently with 4mg of Astaxanthin, which is a potent antioxidant bioflavonoid derived from algae
- Astaxanthin at 4mg per day is particularly important for anyone placed on prednisalone as Astaxanthin offers potent protection against the eye
- Incorporating regular exercise into your daily schedule. Your exercise programme should be tailored to your individual needs, so again it is sensible to seek professional advice before you make any major changes to your routine.

Our new 24/7 Central Booking System 01482 875004

Whenever you want to contact us, whichever surgery you attend, you now only ever need to remember one telephone number – 01482 875004. This is our central booking number for all our surgeries: Beverley, Cottingham, Driffield, Hull and Hedon.

Previous telephone numbers for our Beverley and Driffield surgeries will no longer work so please make a note of our central booking number in your diary - 01482 875004.

We now also provide 24/7 telephone answering, so when all our lines are busy, your call will automatically divert to our out-of-hours service. You may need to hold on for a few rings, but your call will be answered. And you can contact us when our surgeries are closed overnight and at weekends.

If you ever experience a problem with our telephone service, please call 0774 771 0317 or email rgw@wadsworthosteopaths.co.uk

The Alzheimer's Society is Wadsworth Osteopaths Charity for this Year

Our nominated charity for this year will be The Alzheimer's Society. Alzheimer's is a terrible disease and more and more people are being diagnosed every year. It's a condition that isn't always high on the list of health charities, so we would like to offer our support.

Collecting boxes will be provided in surgeries. We will also be repeating our highly successful 'Apples' campaign! If you have any ideas for fundraising initiatives, please let us know. We are open to all suggestions.

Consulting Rooms Available

We have consulting rooms available at our Cottingham surgery (Holly House Clinic)

- Free off street parking for patients and staff
- Great location midway between Cottingham and Hull
 - Booking service available
 - Diary service available
- Consulting rooms all have height adjustable treatment couches, hand washing facilities, desk and PC.
 - Opportunity to work alongside several practitioners in various disciplines.

If you are interested in working with us, or know someone who needs a consulting room, email rgw@wadsworthosteopaths.co.uk

Get money off your treatments with our Loyalty Scheme

1. Most of our patients come to see us through personal recommendation and we want to say a big thank you. From now until the end of September 2014, every time you recommend a New Patient to us, and once they have been for their first appointment, we will give you (and them!) a £10 money off voucher for osteopathy treatment. Ask your osteopath or at reception for details.

2. Also to say thank you to patients who come for a longer course of treatment, or who come for maintenance treatment, we are giving a little reward! When you have filled all the spaces on your appointment card, you will also receive a £10 money off osteopathy treatment voucher. Don't forget to bring your appointment card with you each time you come to see us.

Our July Edition

The July issue will have a holiday theme. What can you do to avoid problems over the holiday season. DVT's, Beds and baggage to Brachial Neuritis, there will be more sensible advice to keep you in good shape this Summer
