FEEL BETTER. FUNCTION BETTER.

Cartilage

We all know that exercise improves bone density and increases muscle strength but what about cartilage? Does it respond in a similar way? A new study in the Journal of Arthritis and Rheumatology suggests that it does.

In this study, researchers measured physiological changes in the cartilage of arthritis patients as they proceeded though a course of supervised exercise. They observed an increase in a substance called glucosaminoglycan (or GAG) that affects cartilage strength and elasticity.

Cartilage, unlike bone or muscle, does not have a good blood supply. Instead, it relies on the fluid in the joint for its nutrients. The more the joint moves, so the theory goes, the more nutrition the cartilage receives through contact with the synovial fluid. Many other studies have documented decreased pain as a result of increased exercise in arthritic joints. This latest study may point to a physiological explanation for these previous findings.

If you have arthritis, and would like to exercise more, expert help is available from Jones Physical Therapy. Call Debbie to schedule your free consultation.

Paul Jones is the owner of ***Jones Physical Therapy*** in Madisonville.

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