

# Hebden Bridge Acupuncture Centre Patient Information Sheet

## Osteoarthritis

Osteoarthritis is the name given to the degeneration of joint cartilage due to wear and tear or aging. These include a gradual onset of aching in joints – primarily the hands and fingers, wrists, hips, knees, ankles, toes and spine. This pain is often better for rest and may be affected by cold damp weather. Stiffness is also common after resting and in the mornings.

The risk of this condition is increased by overuse of joints, often seen in sports people or manual labourers, or cases where there has been previous damage to joints.

### Western Medicine and Osteoarthritis

Western medical treatment for this condition includes prescribed drugs to ease pain and reduce any inflammation, locally injected Corticosteroids, and surgery as a last resort.

### Traditional Chinese Medicine (TCM) and Osteoarthritis

From a TCM perspective Osteoarthritis is classed as Painful Obstruction Syndrome and is seen as an invasion of an external pathogenic factor, Wind, Damp, Cold or Heat into joints due to a weakness in the Defensive exterior Qi. These factors impede and obstruct the flow of Qi and Blood in the local area causing pain. Painful Obstruction is usually a combination of more than one pathogen.

In both chronic and acute cases acupuncture is seen as an effective treatment for this problem, however long standing chronic conditions may require a longer treatment plan.

### How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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### References

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