



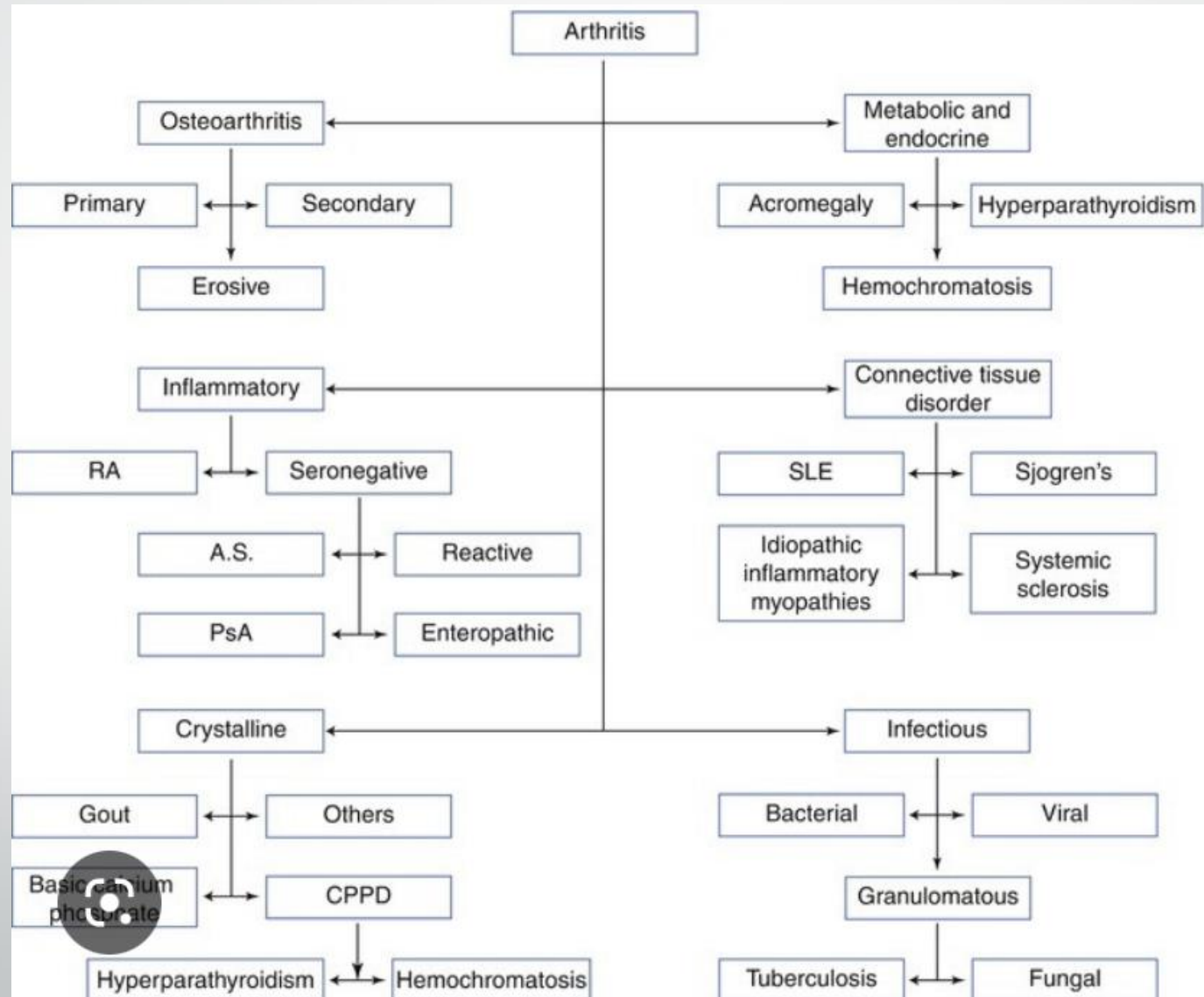
# **Different Modalities and Treatment Options for Arthritis**

David Mael, M.D.



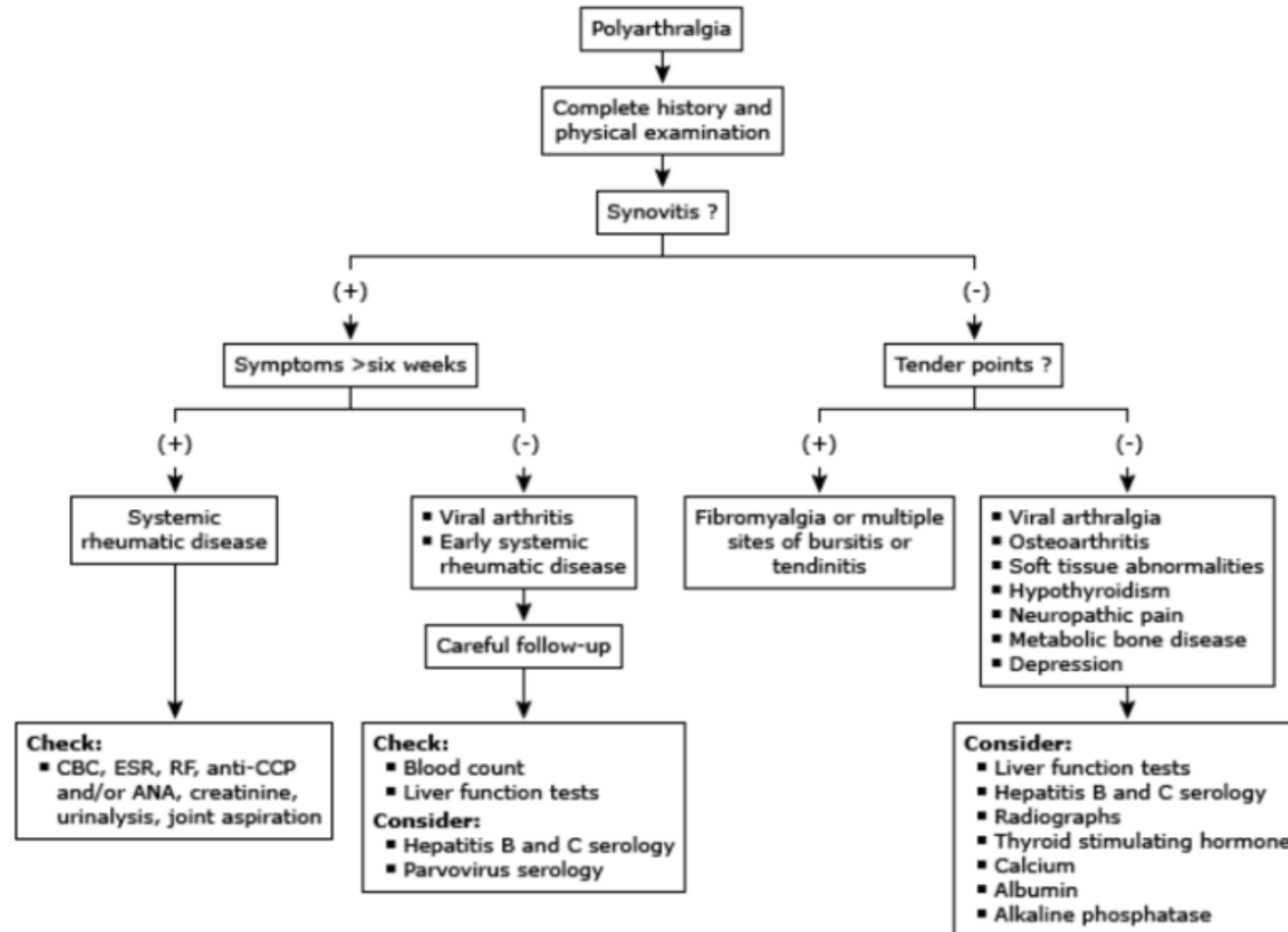
# **ARTHRITIS-** **What Can I Do?**

# 100 Types of Arthritis



# 100 Types of Arthritis (continued)

## Evaluation of polyarthritis or polyarthralgia



An initial approach to the patient with polyarticular joint symptoms.

# Normal vs. arthritic joints

healthy joint



healthy joint  
HIGH BONE DENSITY



rheumatoid arthritis



osteoporosis  
LOW BONE DENSITY



osteoarthritis



# What Causes Joint Pain?

## Arthritis-Related Causes



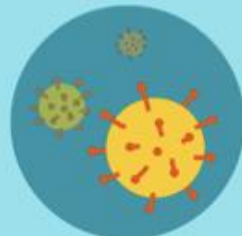
Osteoarthritis



Rheumatoid arthritis



Spondyloarthritis



Viral arthritis

## Causes Unrelated to Arthritis



Fibromyalgia



Hemarthrosis



Hypothyroidism



Depression



# HOW DO SEASONAL ALLERGIES CAUSE JOINT PAIN?

## INFLAMMATION

- ▶ Joint pain and allergies are both caused by inflammation



## FATIGUE

- ▶ Allergies cause fatigue
- ▶ Joint pain can be caused by fatigue

## CHANGES IN WEATHER

- ▶ Changes in weather causes both allergies and joint pain

# OSTEOARTHRITIS

## SYMPTOMS



**PAIN**



**STIFFNESS**



**TENDERNESS**



**GRATING SENSATION**



**SWELLING**



**BONE SPURS**







**TREATMENT**

Physical Therapy



# TREATMENT

## Occupational Therapy



# TREATMENT

Medication



# MEDICATION

Oral

Topical

Injectable



# MEDICATION

Analgesics

Anti-inflammatories

DMARDS

Biologics

## CATEGORY

## MODALITIES

**Whole medical systems  
and traditional medicine**



- Naturopathy
- Traditional Chinese medicine (herbs, acupuncture, etc)
- Traditional Indian (Ayurvedic), European, Korean, Arabian, and Kampo medicine
- Anthroposophical medicine
- Homeopathy

**Mind-body interventions**



- Yoga, tai chi, qigong, meditation, cognitive-behavioral therapy, relaxation, biofeedback, art therapy, music therapy, dance therapy, prayer

**Manipulative and  
body based methods**



- Chiropractic manipulation, osteopathic manipulation, massage

**Natural products and  
biologically based therapies**



- Nutritional interventions and dietary supplements, herbal products, natural products

THE MEDICAL MIRACLE THAT  
CAN HALT, REVERSE, AND  
EVEN CURE OSTEOARTHRITIS

THE  
ARTHRITIS  
CURE

JASON THEODOSAKIS, M.A., M.P.H., M.D.  
BRENDA ADDERLY, M.H.A.  
and BARRY FOX, PH.D.

# Common CAM therapies for Arthritis Pain

- Exercise
- Tai Chi and Yoga
- Acupuncture, possibly cupping
- Massage therapy
- Magnetic therapy, copper bracelets
- Relaxation therapy or meditation
- Hydrotherapy, sauna treatment
- Nutrition, dietary herbs and supplements
- Physical therapy
- Aquatic exercise
- Weight management
- Osteopathic manipulation
- Chiropractic adjustments



# Home Remedies for Arthritis



Turmeric

Flaxseed



Epsom Salt

Alfalfa



Cinnamon

Fish Oil



Eucalyptus Oil



Cherries



Borage Seed Oil



Ginger



Black Cohosh




Sugar



Dandelion Leaves





“I don’t deserve this award, but I  
have arthritis and I don’t  
deserve that either”

-Jack Benny