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Are you suffering from arthritis? Are you suffering from swelling up of joints? Nowadays, most of the people are victims of arthritis and go for various treatments. This article gives you information about treatments for this painful disease. During this disease various joints get affected and these are- neck, hands, legs, shoulder, backbone, hips, foot, toe, thumb, lower portion of the back and wrist. With the growth of technology and medical research, a wonderful solution has come up that facilitates arthritic pain management. This reduces irritation and swelling up of joints. You can also reduce the inflammation of the joints by lengthening the muscles attached to these arthritic joints. You can opt for cartilage restoration as well.

Active Isolated stretching therapy

One of the most efficient ways of curing arthritis is the AIS or active isolated stretching therapy which reduces muscular inflexibility. You must know that the joints are surrounded by various types of muscles and it is the rigidity of muscles that results in the swelling up of the joints. This also deteriorates the cartilages causing pain in the joints. Strain in muscles causes the tearing down of cartilages as well and this cartilage degeneration results in rheumatoid arthritis, a serious stage of arthritis. The AIS therapy helps to stretch and lengthen the optical muscles.

How can this therapy be an arthritic pain management?

The AIS therapy increases the motion in the various arthritic joints. This prevents the cartilage to tear down or degenerate. A new cartilage grows on the bones and this is nothing but cartilage preservation. This reduces the arthritic pain and also stimulates the circulation of blood. Generally some waste products get accumulated on the arthritic joints. The Active Isolated stretching therapy removes these waste products from the joints and there is intense circulation of fresh oxygen and air.

This type of therapy also improves your cells revolving the arthritic joints and help in cartilage restoration. A strong cartilage is formed on the bones and thereby the pain gets reduced. This modern treatment is far better than older treatment methods. It is also more effectual than yoga treatments and body massages. The AIS therapy also helps in intense conditions like frozen shoulder, Parkinson disease, sports injuries, Alzheimer disease, multiple sclerosis, strokes, and spondyliseis. It also heals spinal pains, sciatica and intense pain in the neck. Nowadays most of the MDs have researched on cartilage restoration, which is a superb treatment for arthritic pains.

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