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Treat Your Own Knee Arthritis

The knee arthritis research has made it perfectly clear that people with arthritic knee have impaired proprioception in their knee joints. After reading this chapter, you'll know all the in's and out's of proprioception - and how to improve it!

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Knee cartilage itself actually has no pain fibers going to it, and therefore cannot produce any pain. So what now? Treat Your Own Knee Arthritis takes a new approach to an old problem. Instead of worrying about structural problems (that studies show people can live just fine with) you will learn how to fix the functional problems found in knees with arthritis. And as the research shows again and again, if you improve functions such as the strength and proprioception of your knee, the pain ...

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heavy. As a general rule, people who are overweight or obese suffer more arthritis because... 2. Use moist heat for osteoarthritis.

Osteoarthritis (OA) involves some inflammation, but not nearly as much as either... 3. Use cold therapy ...

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How to Treat Arthritis in the Knees: 12 Steps (with Pictures)

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