

Cardiac Rehab Handout – Pain

- Exercise can help you keep your joints flexible and strengthen muscles around your joints, which offers more support
- Heat treatments can include taking a long, warm shower or bath in the morning to help ease stiffness and using an electric blanket or moist heating pad to reduce discomfort overnight.
Cold treatments can help relieve joint pain, swelling, and inflammation. Wrap a gel ice pack or a bag of frozen vegetables in a towel and apply it to painful joints for quick relief. Never apply ice directly to the skin.
- Acupuncture is an ancient Chinese medical treatment that involves inserting thin needles into specific points on your body. Practitioners say it works by rerouting energies and restoring balance in your body.
- Meditation and relaxation techniques may help reduce the pain of arthritis by lowering stress and enabling you to cope with it better. Reducing stress may also help lower inflammation and pain.
- A diet that's rich in fresh fruits, vegetables, and whole foods can help boost your immune system and your overall health. There's some evidence that dietary choices can affect people with both RA and OA.
- Turmeric, the yellow spice common in Indian dishes, contains a chemical called curcumin. It has antioxidant and anti-inflammatory properties. Research suggests it may help reduce arthritis pain and inflammation.
- Massage can provide an overall sense of well-being. It may also help manage joint pain and discomfort.
- Manage your weight