

## **WHAT IS THE DIFFERENCE BETWEEN ARTHRITIS AND ARTHROSIS?**

Arthritis is an inflammatory condition affecting joints whereas arthrosis is a degenerative condition where the cartilage of the joints are affected by wear and tear.

**Arthritis** is a term often used to describe a group of more than 100 rhumatic conditions. Those conditions can affect the joints, the muscles, the tendons and the ligaments as well as the skin and certain internal organs. Your doctor will be able to make a differential diagnosis based on blood tests and radiological tests. The following are some inflammatory signs associated with arthritis which can be felt around joints: redness, swelling, pain and heat.

**Arthrosis** is a normal degenerative condition associated with aging. It affects mainly cartilage which becomes rugged, irregular and worn out. This wearing out of cartilage can cause pain, loss of mobility and loss of muscle strength.

Did you know that by staying active and by doing regular exercises, you can contribute directly to the nutrition of the cartilage of your joints? The cartilage, a resistant layer which protects the extremities of bones, needs movement to absorb nutrients and to improve the lubrication of joints. Therefore, staying active can help to keep your joints healthy.

Before embarking on a weight lifting program or starting to train for a marathon, you may need the advice of experts. Whatever your condition may be, either arthritis or arthrosis, you can consult your doctor who can prescribe some medication to ease your symptoms. It is also wise to seek the advice of a physiotherapist to guide you in the choice of your physical activities. The physiotherapist will evaluate your condition and plan an exercise program adapted to your needs as well as help you alleviate your symptoms by the use of joint mobilisations and physical agents such as ultrasound, heat and electrical currents.