

Physiotherapy in Rheumatoid Arthritis **Sandhya Kille***

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Editorial

Rheumatoid arthritis (RA) is a chronic and painful disease that causes joint degeneration, disability, a decline in quality of life, and a reduction in life expectancy. Even minor inflammation might result in severe impairment and irreversible damage. In people with RA, the clinical course can be either intermittent or progressive, depending on the symptoms.

The clinical course is gradual in most individuals, and structural damage develops within the first two years. The goal of RA treatment is to relieve discomfort while also preventing joint deterioration and loss of function. Physiotherapy and rehabilitation applications greatly improve the management of RA and reduce handicaps in everyday living for individuals with RA, complementing medicinal therapy.

The use of physiotherapy modalities, such as cold/heat treatments, electrical stimulation, and hydrotherapy, is reviewed in this article. Rehabilitation treatment options for RA patients are also discussed, including joint protection strategies, massage, exercise, and patient education.

Rheumatoid arthritis can be managed effectively and safely with physical therapy (RA). But how does physical therapy assist with the symptoms of rheumatoid arthritis, and how long will you have to do it?

This article provides answers to these queries as well as information on the advantages of physical therapy for RA patients. Other Rheumatoid Arthritis Treatments in-depth articles. Treatments for rheumatoid arthritis that aren't conventional. When you have RA, it's important to eat healthy. Changes in lifestyle that can make living with RA more manageable Medications

Physical therapy gives you the power you need to manage your RA-related pain and other symptoms. Physical therapy treatments can be divided into two categories: passive and active.

- TENS (transcutaneous electrical nerve stimulation) works by preventing pain impulses from reaching the spinal cord. It also aids in the reduction of muscle spasms.
- Ultrasound uses sound waves to create warmth, which improves circulation and reduces joint pain, inflammation, and stiffness.
- PKA The physical therapist does the majority of the effort in passive treatments. Massage, for instance, is a passive treatment. Active treatments, on the other hand, entail

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your participation in the process, such as strengthening exercises. Both treatments can greatly reduce the severity of rheumatoid arthritis flare-ups.

Passive Rheumatoid Arthritis Treatments

- Cold therapy inhibits circulation, which reduces swelling. A cold compress, for example, could be applied to the hurting area.
- Heat treatment relieves muscle tension and improves blood flow to the sore area. A moist, heated cloth, for example, can be used to increase circulation.
- The use of water to relieve RA-related pain and other symptoms is known as hydrotherapy. You will be submerged in warm water for hydrotherapy to treat your discomfort.

Massage therapy can assist to relieve muscle tension and improve circulation. It's also a great approach to help you deal with stress (especially important for people with rheumatoid arthritis).

Rheumatoid Arthritis Active Treatments

Flexibility and strength workouts help you increase your range of motion and muscle strength. Yoga and Pilates are both strengthening and flexibility activities.

Low-impact aerobic exercise is a moderate but effective way to alleviate the symptoms of rheumatoid arthritis. This sort of exercise includes things like light walking.