



ARTHRITIS PRESCRIPTION

Mainstay of treatment: EXERCISE and WEIGHT LOSS

- For each kg of weight lost, the knee will have fourfold reduction in load during daily activities
- Walk 1000 steps in 10 minutes, build toward at least 3000 steps in 30 minutes to increase strength & flexibility, decrease arthritic pain
- Exercises other than walking: tai chi, swimming, aquatic aerobics, biking, elliptical, yoga

Bone & Joint Nutrition:

Glucosamine (hydrochloride or sulfate) 1500mg/day

Chondroitin 800-1000mg/day

ChondroFlx

Turmeric (Curcumin) (formulated/bioavailable) 1000mg/day

Bromelain enzymes 250-2000mg/day

Quercetin dihydrate 240 mg/day

Traumeric

Rutin 50mg/day

MSM (methylsulfonylmethane) 500-3000mg/day

L-Lysine hydrochloride 200mg/day

L-proline 200mg/day

Hyaluronic acid 40mg/day

Collagen Factors

Collagen hydrolysate 1000mg/day

Boswellia serrata 1000mg/day

Celadrin 350-500mg 3x/day

Fish oil (omega-3 fatty acids; EPA/DHA) 300-1000mg 1-3x/day

Vitamin C 1000-2000mg/day

Vitamin D 2000-5000 IU/day

Calcium 800-1200mg/day

Osteobase

Magnesium oxide 400mg/day

Vitamin K 90mcg/day

Tart cherry extract 400-1200mg/day

Avocado-Soybean unsaponifiables (ASU) 300mg/day

Other interventions:

- Acupuncture
- Biomechanical corrections for malalignment (foot, ankle, knee, hip)
 - correct with functional strengthening
 - proper fitting shoes and orthotics
- Taping (ie: patellar taping)
- Bracing (ie: valgus unloader)

Use as a last resort