

Media

Megan Kivlehan
201-641-1911 (14)
mkivlehan@f4cp.com



FOR IMMEDIATE RELEASE

F4CP Addresses Osteoarthritis Pain Relief, Emphasizes Importance of Physical Activity and Value of Chiropractic Care

CARMICHAEL, Calif. – January 19, 2016 – With [research](#) from the American College of Rheumatology concluding that less than 13 percent of men and less than 8 percent of women who suffer from osteoarthritis meet the guideline of 150 minutes of moderate-intensity, low-impact activity per week, and an additional national U.S. [survey](#) citing more than 40 percent of men and 56 percent of women who suffer from osteoarthritis lack even 10 minutes of moderate-to-vigorous activity per week, experts at the [Foundation for Chiropractic Progress](#) (F4CP) call attention to resources such as [“Helpful Strategies for Hip Osteoarthritis”](#) to promote individual compliance with exercise regimens. Moderate exercise and a healthy diet are crucial for controlling inflammation and promoting healthy bones and cartilage in patients who suffer from osteoarthritis – a degenerative form of arthritic joint disease.

“Osteoarthritis is a common cause of disability among seniors and affects 20 million individuals in the U.S – a number that is likely to climb, in part due to an aging population,” explains Sherry McAllister, DC, executive vice president, F4CP, a not-for-profit organization dedicated to educating the public about the value of chiropractic care. “Contrary to popular belief, engaging in moderate levels of exercise and everyday activity will not deteriorate joints, but will instead minimize pain and enhance daily function.”

Experts at the F4CP offer the following tips to help alleviate pain related to osteoarthritis:

- **Exercise:** Aim for a minimum of 30 minutes of exercise three to five days a week. Learn proper stretching techniques and do them often.
- **Eat Right and Drink Water:** A healthy diet—rich in fruits, vegetables and healthy fats—can help reduce inflammation and joint pain. Also limit red meat, refined sugar, white flour and processed foods.
- **Consult a Doctor of Chiropractic:** Schedule a consultation with a local doctor of chiropractic to discuss an appropriate care plan that can help to reduce pain and optimize overall health and well-being. To find a DC in your area, visit: www.f4cp.com/findaDoctor.

Dr. McAllister emphasizes that the current goals for treating osteoarthritis are to relieve pain and improve range of motion of the joints involved. Chiropractic care – a non-pharmacological approach – can assist a patient with arthritic symptoms, and improve range of motion, endurance, muscle tone and strength. She

states, “Doctors of chiropractic (DCs), who receive a minimum of seven years of higher level education, are specifically trained to manage disorders of the musculoskeletal system, including arthritis, as well as counsel on nutrition, exercise and lifestyle practices.”

About the Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress informs and educates the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, visit www.f4cp.com and www.yes2chiropractic.com or call 866-901-F4CP (3427).

###