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## 5 Tips for Arthritis Pain Relief

Arthritis pain is part of life for millions of people and they have no escape but to live with the pain day in and day out. Two forms of arthritis are **rheumatoid arthritis** that is a chronic condition and **osteoarthritis** which is a degenerative disease. Prescription drugs are common for arthritis patients and they take it on a routine basis. More often than not even drugs cannot give enough relief. Due to this, more and more people suffering from this medical problem are looking to find an alternative cure. If you have tried any unconventional method of arthritis treatment and are looking for **arthritis information** on how they work, the **arthritis pain relief** tips discussed in this article will help you understand better.

1- Many arthritis drugs are available for **arthritis pain relief**. These include over the counter drugs like acetaminophen and ibuprofen and strong arthritis drugs like Vioxx and Celebrex. However, strong medication results in serious side effects whereas over the counter **arthritis drugs** require some additional remedy alongside for best results.

2- Another great option to experience some pain relief is work outs or exercise. This is a natural cure and is easy. You can go for walks as they don't strain the joints much. More exercises that you can try are those that involve some kind of balancing like Tia Chi and water walking. These exercises might cause a bit of pain but are very good to strengthen the muscles. In case you experience uneasiness, you must stop the exercise immediately and consult your doctor.

3- If you are overweight, you must focus on losing it as it provides excellent arthritis pain relief. Research has proved that extra weight result in additional strain on the knees. Hence, reducing weight is a perfect way to attain **arthritis pain relief**.

4- You can also do your own research and read **arthritis information** to see what kind of products suits you and help in decreasing pain. For instance, you can use a shower seat to take shower to avoid standing for a long time.

5- Furthermore, you must consult your doctor when you experience arthritis pain. You can discuss your problem with the physician to help him suggest a treatment that is devised just for you. Make sure that you visit your doctor whenever the pain increases and change your **arthritis pain relief** treatment.