

PERSONAL TRAINING SERVICES

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JOINT CARE

Having suffered with arthritis for many years now, I have come to the conclusion that nutrition plays a very big part in the treatment of this debilitating disorder. Nothing new in this statement you may say, but how many people suffering with sore joints or arthritis can honestly say they have stuck to a nutritional or supplemental programme to ease their problem. Not many I bet. If a nutritional / supplement programme is to work it must be given a fair amount of time to see results. Suck em and see for one week does not register or make sense in my mind. Seeing results from what you do and ingest needs dedication and application. How many of you out there suffering with sore joints can honestly say that they have stuck religiously to a particular supplement regime for any length of time. Well if you haven't it's about time you did and even if you only suffer with slightly sore joints, prevention is always the best means of defence. The following article is a detailed look at the programme used in my battle against arthritis.

Joints

We will talk about the two most commonly effected joints in sport and they are the knee and elbow. These are commonly know as hinge joints capable of flexion and extension. All articulated joints have cartilage between them to prevent friction of the ends of bones. Surrounding the joint is a fluid filled sack, lining the sack is a synovial membrane which secretes fluid which in turn acts as a lubricant and supplies nutrients to the cartilage matrix. Sore joints can be caused by many things, too many to list.

So let's concentrate on an approach to help ease pain and prevent further damage to the joint.

Warm-up and good exercise form. How many times have you heard this and how many times do you neglect to follow this simple advice?

Warm up:

(Pulse raiser) 5 - 6 mins low intensity preferably: Walking, rowing or x-trainer. I feel the stationary bikes too much pressure on problematic knees.

Mobility exercises:

Increases synovial fluid secretion.

Sets of 10 - 15 reps knee raises, leg curls (singles) performed standing, bicep curls (without dumbbells), chest press (arm movements only)

Strict exercise form

EG Leg extensions: Slow controlled movement, DO NOT lock legs out at the top of the movement. This can grate the patella on the femur (thigh bone) causing friction and inflammation. High reps will force lots of blood into the vastus lateralis / medialis muscles which support the knee.

Rehab for elbows

Lay off any any standing, seated or lying tricep extension. Tricep kickbacks are a good choice because they do not seem to put too much direct stress onto the elbow extensor.

Stretching

Calves, quads, hamstrings, triceps, biceps.

Static stretching 15 - 60 seconds per muscle group.

Supple muscle puts less stress on joints. This will allow for greater joint mobility.

Post - workout

Ice and elevation of effected joints will reduce inflammation. A simple method is to apply a cold ice pack for 1 minute followed by a warm pack for 1 minute. Repeat 5 times finishing with warm. *This will decrease toxin build-up in affected areas.

Supplementation

Hep 194: Liver detox and tonic

An unhealthy liver can be directly linked to arthritis in some cases. Take 2 capsules twice daily.

Calcium & Vitamin

Can be taken supplementally or through correct intake of natural foods. Broccoli & sardines contain lots of calcium. Ideal for those who do not eat dairy products.

Antioxidants

Vitamin C is my favourite. 500 mg 2 - 3 times daily is the maximum amount needed. Do not use more than 500mg of vitamin C per dose, anymore than this will not be assimilated and will be wasted.

UDOs Choice

Correct blend of Omega 3 and Omega 6 fatty acids. Omega 3 fatty acids can help reduce the production of prostaglandins which cause inflammation and soreness in joints. 2 - 3 Tablespoons daily. Mix into salad, rice, protein drinks or porridge oats. Tastes very nice.

Please note: GK Products does not sell this oil blend. It is available at all good health food shops. I use 1 tablespoon twice daily mixed into rice.

I have used the above supplementation programme for the last 2 years. My use of the anti inflammatory drug voltarol has been significantly reduced. Only using it the rare occasion if my overall weekly exercise plan has exceeded the normal amount.

I have also paid particular attention to my exercise form and the amount of weight I lift. Always opting to feel the weights being lifted as opposed to just lifting heavy weights for the sake of it.