

Argus Orthopaedic Zone

Questions Asked By Argus Readers

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Transforming patient information into patient understanding.

I have been asked questions by readers of Shepherd Argus so I thought this would be a good way to answer. It might be helpful information to others as well. So here goes.

- **Can men get osteoporosis?**

Yes. In fact one in five men will get osteoporosis. Thirty percent of hip fractures occur in men and twenty percent of vertebral fractures are in men. The risk of these fractures increases greatly with heavy alcohol intake.

- **Is osteoporosis normal with aging?**

It doesn't have to be. Not all people will have the condition as they age. You have to be aware and build strong bones through exercise and healthy nutrition while you are young. Unfortunately most young people will not do this. In fact they do just the opposite. You also have to maintain good bone health during adulthood. This includes nutrition, calcium and plenty of weight bearing exercises.

- **Do arthritic joints have to "freeze up"?**

No, in most cases. But arthritis pain can cause the patient to reduce use of the joint, which leads to stiffness. Exercise is helpful in several ways. It strengthens the muscular support around the joint. This acts like an internal brace. Exercise maintains and improves joint mobility. Exercise can help with weight reduction leading to less painful joints. Apply heat before and cold packs after exercise. Aquatic exercise is great if it is available. Walking, bicycle and light weight training do not aggravate osteoarthritis when performed at levels not producing joint pain.

- **What is myofascial release?**

It is a special type of massage therapy. It is designed to stretch, loosen and lengthen muscle tissue and is applied in the direction of the muscle fibers to encourage full range of motion of the muscle. The same stretch is performed more than once until the muscle is totally relaxed and release is felt. It is applied to any number of painful musculoskeletal conditions.

- **What is a trigger point?**

An area in your soft tissues such as muscles, ligaments and tendons that become painful to pressure. We are not sure why it occurs. Pain can stay at that point or can radiate away from it to an arm or a leg. In muscles it might be caused by chronic tightening. Treatment is an injection of local anesthetic and a steroid into the painful area. Acupuncture and trigger point massage are sometimes helpful also.

Information about all the Orthopaedic Surgery and musculoskeletal conditions I treat in the office and hospital can be found by logging onto www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection. Please check it out.

Our goal is simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush