

## **JOINT PAIN RELIEF TECHNIQUES**

### 1. Thermal Therapies

- **Heat therapy** - Warm compresses, heating pads, warm baths, or paraffin wax baths. Helps relax muscles, reduce stiffness, and improve blood flow
- **Cold therapy** - Ice packs, gel packs, or cold compresses. Reduces swelling, inflammation, and pain, especially after activity or acute flare

### 2. Topical Applications

- **Over-the-counter creams/gels - NSAID gels** (diclofenac) & **Counterirritants** (menthol, camphor, capsaicin)
- **Natural remedies** - Arnica gel, turmeric cream, CBD-infused creams (limited evidence, generally safe)
- **Essential oils** (diluted) - Peppermint, eucalyptus, or lavender for massage

### 3. Massage & Manual Therapy

- **Self-massage or professional massage** - Can reduce stiffness and improve circulation
- **Joint mobilization or soft tissue techniques** - Performed by physical or occupational therapists

### 4. Compression & Support

- **Elastic or neoprene braces, sleeves, or wraps** - Provides joint stability, reduces swelling, and decreases pain during movement
- **Kinesiology tape** - Can improve proprioception and support joint alignment

### 5. Movement & Exercise

- **Gentle stretching** - Helps maintain range of motion
- **Low-impact strengthening exercises** - Focus on surrounding muscles to reduce joint stress
- **Water therapy / hydrotherapy** - Buoyancy reduces load on joints while allowing movement

### 6. Alternative Modalities

- **Acupuncture / acupressure** - Can provide localized pain relief in some patients
- **TENS (Transcutaneous Electrical Nerve Stimulation)** - Portable units can reduce joint pain via nerve stimulation

### 7. Lifestyle Modifications

- **Weight management** - Reduces stress on weight-bearing joints
- **Ergonomic adjustments** - Chairs, pillows, or footwear that support joint alignment