

WEATHER AND Joint Pain

Many people say their pain worsens with damp and rainy weather, but it's not the cold, wind, rain or snow that affects people, **IT'S BAROMETRIC PRESSURE**. What is barometric pressure? It's the weight of the atmosphere that surrounds us.



People with arthritis often claim they can predict the weather, based on their joint pain level, and with good reason. Studies show a variety of weather factors can increase pain, especially changes. Watch for any changes in;

- **BAROMETRIC PRESSURE (ESPECIALLY FALLING)**
- **TEMPERATURE (ESPECIALLY LOWERING)**

Tissues surrounding the joints can be likened to a **BALLOON**; when there is high barometric pressure that pushes against the body from the outside, this keeps the tissues from **EXPANDING**.



TIPS FOR REDUCING JOINT PAIN

Dress warmly – protect your hands by wearing gloves and add layers over your knees and legs

Exercise inside – avoid being outside and getting chilled

Warm baths – heated water makes joints looser and can soothe aches and pains. Warm water stimulates blood flow to stiff muscles and frozen joints, making a warm tub or pool an ideal place to do some gentle stretching.

Take NSAIDs – over-the-counter pain relievers can help when your joint pain is worse due to the weather. Topical NSAIDs work by reaching the joint fluid and decreasing inflammatory proteins

Get a massage – ease the tight muscles and tendons.

Apply heat or ice – you can apply heat with heating pads and warm compresses. This works best with osteoarthritis by increasing the blood flow and relaxing the muscles. Cold therapy reduces the swelling by constricting the blood vessels.



For more information on joint pain, visit premierhealth.com/ortho.

Sources: Arthritis Foundation