

ARTHRITIS



Product Syllabus:

- What is arthritis?
- Common features of arthritis
- Bones and joints
- Contributors to arthritis
- Symptoms
- Types of arthritis
- Osteoarthritis
- Risk factors of osteoarthritis
- Rheumatoid arthritis
- Symptoms of rheumatoid arthritis
- Complications of rheumatoid arthritis
- Gout
- Symptoms of gout
- Treatment for arthritis
- Alternative therapies
- Surgery
- Medication
- Diet
- Exercise
- Range of motion exercises
- Stretching and flexibility
- Using assistive equipment
- Pain management
- Depression

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