

## ARTICULAR ILLNESSES - CIVILISATION DISEASES

**Only in Poland about 8 million people suffer from illnesses of the musculoskeletal system. That's more than one Pole in five. The diseases are nowadays the most serious of social, medical and economic problems worldwide. This is why WHO declared the years 2000-2010 the Decade of Bones and Joints.**

The number of patients over 50 with diseases of the musculoskeletal system has doubled since the year 2000. In highly developed countries (including Poland), joint diseases make up 50% of all chronic illnesses and are the most common cause of a long-term certification as unfit for work. This is why the articular diseases are recognized, together with cardiovascular diseases, as civilisation diseases. Joints "refuse" to work due to an injury, but their disfunction is also caused by obesity and lack of physical activity. Joints in adults are vulnerable to greater overloading; thus the cartilage deteriorates faster. In addition, sitting lifestyle influences the ligaments and capsules: they lose their elasticity as we use their functions partially. Also, stressful life speed leads to muscle tension, blocks and stiffens our muscles, which, in turn, affects the joints.

People who start to feel joint pain, usually complain about legs, sacrum, neck or arms. The reasons behind the pain may be various, starting from general exhaustion, hard physical work or sitting position for many hours, through bad habits (wrong positioning at everyday activities like cleaning or shopping). These everyday "sins" lead to degenerations, which cause pain. Pain receptors are localized in the joint tissues. If the joint pain is caused by an injury (such as a sprain), the pain receptors in ligaments or capsules are irritated by their incorrect movement.

The case is different when the pain is produced by joint degeneration or a rheumatic disease. Here degenerative processes in the joint tissues cause the joint to stiffen, lose its wetness and elasticity. In such case, even a usual, natural joint motion causes pain, because the pain receptors are being irritated. This is when the morning joint stiffness appears. Some patients also complain about the sense of pulling or lack of lubrication in the joint.

It's common knowledge that joint pain increases at weather changes, which is connected with tissue elasticity. The atmospheric pressure and moisture influence joint tissue expansion. If any of the tissues is degenerated, its elasticity vanishes. The increase in atmospheric moisture leads to swelling and pain intensification. This is why people who have problems with their joints always know when it's going to rain.

### Information based on WHO data

**As you can see, joint diseases become a social problem. If you feel any ailments of hips, knees, ankle, shoulder, elbow, wrist or osteoarthritis,**

**please see us at Artromedical. Klik on the words listed below to find information about prophylaxis, treatment and rehabilitation of joints.**

- [Hip](#)
- [Knee](#)
- [Ankle](#)
- [Shoulder](#)
- [Elbow](#)
- [Wrist](#)
- [Spine](#)
- [Osteoarthritis](#)
- [Popliteal cyst](#)