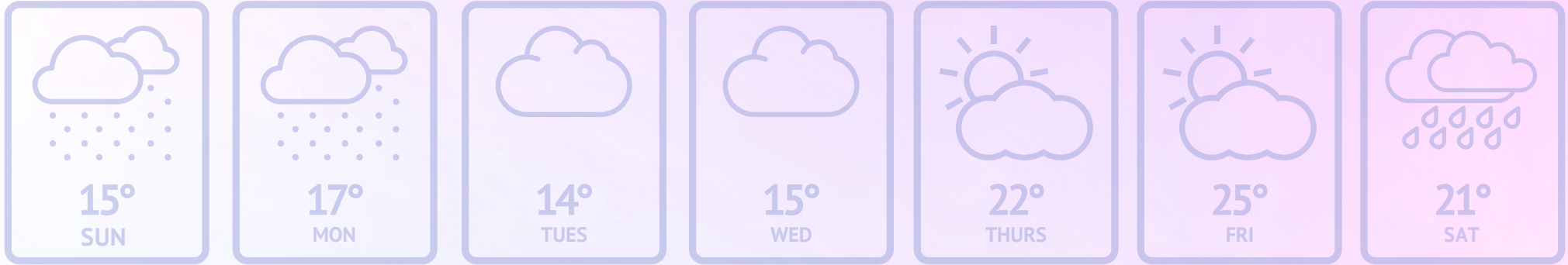


# ARTHRITIS AND WEATHER

People with conditions like arthritis, spinal disc problems, and some types of headaches often claim that they can predict the weather based on their daily pain level. Research has confirmed that discomfort levels DO correlate to changes in the weather, mainly falling barometric pressure or lowering temperatures. (1-6)



## How Weather Affects Pain

### Low Barometric Pressure

Your disks, joint capsules, and tissues can be likened to **balloons**. When there is relatively lower pressure outside (bad weather), body tissues can painfully swell and compress pain-sensitive receptors.

### Low Temperature

Most fluids and tissues, including those in and around your joints, become stiffer as the **temperature falls**. Think about putting gravy in your refrigerator.

## What You Can Do

Recognize that weather is only one small factor in determining your day-to-day discomfort. While it's impossible to control mother nature, it's quite possible to impact many other factors that determine your pain level.



When temperatures drop, keep yourself warm, especially the small joints in your hands and feet.



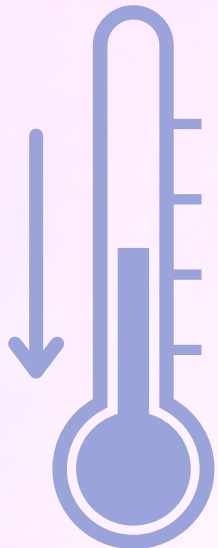
Don't skip workouts, but consider exercising indoors on cold days.



Perform some gentle stretching to stay limber.



Consider sitting in a warm bath or hot tub if your cardiovascular health allows.



And most importantly, resolving posture, muscle, and joint imbalances can have a dramatic impact on how you feel. So, if you or someone you know is a human barometer, see a chiropractor to optimize joint function and start feeling better - regardless of the weather.

References  
(click or scan)

