

How Everyday Wear And Tear Affects Your Joints

by Dr. Bob Arnot

(NAPSA)—One of the most striking signs of aging is stiffness in our muscles and continued wear and tear in our joints. I'm no exception. A few years ago, I couldn't even bend over to pick up my son. I couldn't run or play tennis. If I walked more than a mile, I'd experience pain in my hip.

When my doctor told me that I needed a hip replacement, I realized I needed to make some changes fast. Now with some basic, but ingenious steps, I'm back to playing tennis, skiing and playing with my kids. I've covered the war on terror—a young man's game—from Kabul to Baghdad and Riyadh to Mogadishu.

In my new book *Wear and Tear*, I explain that certain "fatal flaws" can put a person at risk for injury. So can high-impact sports or even walking the wrong way. For most people, constant wear and tear over time can lead to pain in the knees, hips and back.

The good news is there are some basic steps people can undertake to protect their joints, ease the stiffness in their muscles and put the youth back in their step.

- **Wear shock absorbing shoes**—Shoes with good heel cushioning or an air sole will decrease the amount of pounding force that is applied to the knees and hips. Getting the right kind of walking shoe for everyday use is one way to beat the destructive forces of heel pounding.

- **Walk the right way**—When walking, try to keep your hips level. Also, be sure to use your knees like shock absorbers. Your knees shouldn't be straight, but rather they should remain "soft" and bent, thereby allowing your thigh muscles to absorb the pounding of everyday walking. Another way to absorb more shock is to make a conscious effort to land on the outside of your foot and roll to the inside.



Bob Arnot, M.D. may frequently be seen on NBC reporting from the frontlines of the war on terror in Iraq. Arnot has served as chief medical correspondent for NBC, health correspondent for the CBS Evening News and expert color commentator for ABC's Wide World of Sports. He is a best-selling author who is releasing his new paperback *Wear and Tear* this year.

- **Restore your flexibility**—Highly specialized yoga poses may open up damaged joints and restore range of motion. Building muscle strength may protect joints from further damage.

- **Nourish your joints**—One of the best ways to promote joint health over the long term is to give the body the nutrients it uses to nourish and protect joint tissue. Just like calcium builds strong bones, glucosamine and chondroitin strengthen our joints. But, all glucosamine and chondroitin products are not the same. After much research, I found that Move Free supplements contain the daily amount recommended by researchers, 1,500 milligrams of glucosamine and 1,200 milligrams of chondroitin and are what I now use.

To learn more, visit www.movefree.com or call 1-800-526-6251. You can call from 8:00 a.m. to 5:00 p.m., Mountain Time, Monday through Friday.