



## New Discoveries Reveal the Role of Muscles in Joint Arthritic Pain

Muscles, muscles, muscles all 600 plus of the skeletal muscles helps limbs and other body parts move. The various shapes and arrangements of muscle fibers influence the muscles action and power. Most muscles work in pairs, when one is contracted the other is relaxed. For example when the biceps muscle of the upper arm contracts (shortens) the triceps muscles which is on the back of the upper arm, relaxes (lengthens). I do not intend to give you an anatomy lesson but I want you to appreciate the connections with muscular tension and joint pain. Other muscle facts to think about; arteries, nerves and veins run through muscles; muscles insert into a tendon (a dense type of connective tissue), which then inserts into the joint to provide voluntary or involuntary movement. Most muscles move the joints below them,

for example, the 22 muscles of the forearm move the wrist and fingers.

How does the muscle affect joint pain? Think about it. If the muscles are tight, they will press on nerve endings and blood vessels causing a decrease in circulation and pain. The medical community and researchers focus on the conditions of the degeneration of joints' cartilage especially in osteoarthritis. However in my research and in my massage therapy practice when I release the muscles that move the joints, the pain usually stops. Massage is not a treatment. It's a complement to a doctor-prescribed arthritis treatment. Massage therapy is recognized by the arthritis foundation as a beneficial for improvements in pain, stiffness, range of motion. <http://www.arthritis.org/living-with-arthritis/treatments/natural/other-therapies/massage/massage-benefits.php>

If massage therapy has been proven effective managing joint pain, then why not begin to teach people with chronic joint pain how to take an active part in their personal pain management with self-massage. That is my purpose to teach self-care on the web along with classes in our office and to the public.

In conclusion massage therapy research proves that tight muscles when released by massage therapy reduce arthritis joint pain.

**DISCLAIMER ON COMMENTS & ADVICE GIVEN** Please note this information is designed to provide general information on the topics presented. The information provided should not be used as a substitute for professional services.