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Exercises for healing joints, heart and blood vessels



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Annotation

Various diseases of blood vessels and joints are one of the most common ailments of modern mankind, affecting about half of the world's population. Arthritis and arthrosis, hypertension and varicose veins can significantly overshadow the joy of existence. Maybe now it seems impossible to you, but by performing the sets of exercises described in the book, you can significantly improve your health, permanently get rid of the deposits of salts, cholesterol and pain that are haunting you day and night, find former flexibility in the joints and lightness in the whole body.

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Chapter 1. Introduction

The cardiovascular system and the musculoskeletal system of man were formed tens of thousands of years ago, in the process of its biological evolution. And further, throughout the history of social development, the biological nature of man, and with it the heart, blood vessels, joints and spine, has not changed in anything significant. That is, the structure of our body is no different from the body of a prehistoric mammoth hunter.

The organism of modern man is still designed to survive in extreme conditions, for the intensely mobile lifestyle that his distant ancestors led. Such a life required constant expenditure of muscle energy for obtaining food, for combating dangers, for long transitions, for creating a haven, etc.

With the lifestyle of the 21st century, the muscle activity of the vast majority of people is minimal. We forgot how to move, thanks to the proliferation of vehicles, the technical equipment of production weaned us from active physical labor, and the comfort of our home allows us to spend a minimum of effort on improving our everyday life.

All this is completely unnatural for man as a biological being. For many years, insufficient muscle activity (lack of exercise) has a detrimental effect on health. Poor physical development is certainly accompanied by weakening of the immune system. Poorly developed muscles make a person not only physically weak, but also due to low stamina susceptible to bacterial and viral diseases. Being physically underdeveloped, we become unable to resist the environment that we ourselves created or, rather, destroyed it.

In addition, people with a sedentary lifestyle are more likely to be obese, since a decrease in muscle tissue is often replaced by a gain in fat. Obesity is a risk factor, that is, a factor that significantly increases the risk of cardiovascular disease and salt deposition. For people who are accustomed to low physical activity, even insignificant physical activity becomes difficult to tolerate, and reactions to emotional stress become overly pronounced, prolonged, acquiring pathological features. In such a situation, conditions conducive to the deposition of atherosclerotic plaques arise especially easily in the vascular wall, that is, real prerequisites are created for the occurrence of atherosclerosis, hypertension, etc.

Joints also suffer...

It should be emphasized that inactivity itself does not cause disease, but too often it turns out to be the first and decisive link in a whole chain of interdependent processes in the body that cause diseases, create favorable conditions to the detriment of the protective resources of the human body. When scientists joined the fight against vascular and joint diseases, they created drugs and non-drug methods of fighting these diseases. One of the natural treatments is special exercises. It is with the help of these exercises that you can not only resist these diseases, but also successfully treat them. You can study them in this book. You have a choice: use drugs with side effects or learn exercises to improve your life and get rid of unpleasant life threatening diseases.

Chapter 2. The most common cardiovascular diseases

Atherosclerosis

Atherosclerosis is a chronic disease characterized by vascular wall damage. The disease is based on disorders of protein and cholesterol metabolism. There is atherosclerosis in that the vascular wall is impregnated with proteins and lipids followed by the development of reactive changes around these deposits.

It is a chronic disease of the arteries, gradually leading to a narrowing of their internal size. As a result, blood flow through the artery is difficult. This means that the blood flow through the artery of the intensive organ in the event of atherosclerosis in it becomes insufficient, which significantly limits the functional capabilities of the organ. Most of atherosclerosis is observed in people who are exposed to frequent and prolonged stress. Promote the development of atherosclerosis and diabetes, obesity, gout, gallstone disease and some features of the human character (anxiety, sensitivity, shyness, etc.). But sometimes the predisposition to the occurrence of atherosclerosis can be hereditary. In the areas affected by atherosclerosis, the arterial wall, together with scar tissue cells, always detect accumulations of cholesterol. In the human body, cholesterol is part of protein compounds that easily penetrate the vascular wall. A factor that accelerates the course of the disease is an increase in serum cholesterol concentrations.

It is generally believed that atherosclerosis is akin to a sentence irreversible and inevitable. However, this is far from the case. Atherosclerosis can undergo reverse development! In this case, cholesterol comes out of the arteries, dissolves, and the damaged areas in the vascular wall heal. Sometimes damaged vessels are fully repaired. Therefore, "getting a diagnosis" should not give up, you need to act. But, of course, to act correctly and carefully, remembering that in treatment should be followed the measure. Changes in the vascular wall occur as a result of disorders in the functioning of complex nervous, hormonal and other biochemical mechanisms that control the activity of the human cardiovascular system. The breakdown of these regulatory mechanisms occurs at natural, but unbearable

loads for them. Disruption of normal nervous regulatory function occurs under the influence, first of all environmental factors: intense pace of life, noise, certain specific working conditions, etc.

In addition, factors contributing to the emergence and development of atherosclerosis, and therefore coronary heart disease, are, as mentioned, sedentary lifestyle, excessive diet with a lot of fats and carbohydrates, disruption of vitamin and micronutrient balance of food, smoking, excess weight. Fullness, among other things, generates an increase in the concentration of fats in the blood and liver, which already makes it difficult to dissolve atherosclerotic deposits (plaques) and, conversely, contributes to their accumulation. It's often atherosclerosis develops in the coronary arteries of the heart and damage them. The disease, caused by coronary artery disease, is considered to be independent and is called coronary heart disease. The disease develops slowly, sometimes for decades. Atherosclerosis is characterized by a wave-like course: periods of exacerbation of the disease are accompanied by periods of calm - remission.

It is not difficult to understand that the disruption of blood supply is becoming more severe, and the blood flow to the heart is insufficient: there are unpleasant sensations throughout the body, headaches, heart aches, legs. But even in this case, not everything is so gloomy, because the vascular system has huge opportunities to restore normal blood supply, disrupted by atherosclerosis and its complications. For example, if necessary, the roundabouts of blood supply to the organ are opened and "clean" vessels are connected to work. But, of course, such a restructuring of the vascular vessels network takes time. To speed up the process, you will need a special diet with an increased amount of vitamins, and first of all - vitamin E.

Varicose veins

Varicose veins or varicose is a disease of veins that develops gradually with mainly affected subcutaneous veins. The development of varicose veins on the legs contributes to the difficulty of blood outflow due to blockage (thrombosis) of the vein by a blood clot as a result of prolonged stay on the legs. Lower limbs are more often affected. At the same time, the enlarged veins are translucent, or swell under the skin in the form of twisted, so-called varicose nodes. In the process of developing the disease in the affected areas on the skin appear dark brown and brown spots. Disruption of skin nutrition can eventually lead to the emergence of trophic ulcers. Varicose is more common among women, and there are several reasons for this.

Women are more likely than men to be overweight, which is dangerous to health. In particular, it is the excess weight presses on the legs, and from this weakens the venous wall. Many women have to spend a whole day on their feet, as it requires their professional activities. Teachers, hairdressers and salesmen at work are always standing. They, like no other, risk that the veins on the legs will not withstand heavy physical activity. In addition, in their desire to look "to the best", or, as Americans say, for a million dollars, women often forget about health and think only about external beauty.

Varicose goes through seven stages in its development.

Stage one: during this period there are no external signs, but it is disturbed by the heaviness in the legs.

Stage two: there are small visible veins and their nets. During this period, night cramps of the calf muscles may be bothered.

Stage three: the symptoms of the previous stages are joined by visible changes - enlarged veins.

Stage four: there are swellings on the legs, which do not pass after rest.

Stage five: the shins acquire a dark brown hue, dermatitis appear.

Stage six: very advanced varicose veins. Ulcers appear and heal over time.

Stage seven: the development of persistent (trophic) ulcers, usually in the shin area.

Varicose veins, causing destruction of the walls of blood vessels, can lead to

other dangerous diseases.

Thrombophlebitis

Thrombophlebitis is an inflammation of the vein wall with the formation of a blood clot that clogs its lumen. Thrombophlebitis can occur when the vascular wall is damaged, its inflammation, the slowing of the blood flow, when its composition changes. The most common is thrombophlebitis of both the deep and superficial veins of the lower extremities. Often thrombophlebitis is a complication after childbirth, various surgical procedures and infectious diseases. The initial signs of thrombophlebitis are breaking and pulling pains in the calf muscles, soreness when squeezing these muscles with hands, swelling, especially when the deep veins are infested. The thrombophlebitis of the superficial veins is characterized by painful seals with redness of the skin as the veins progress. Purulent destruction of thrombus and the spread of infection with a circulatory system is called septic thrombophlebitis. There is high possibility of a chronic course of thrombophlebitis with periodic exacerbations.

Embolism

Embolism is a transfer with the current of blood of so-called embolus - particles that can get stuck in the lumen of the vessels and cause their blockage. Circulatory disorders are exacerbated by reflex vascular spasm and secondary thrombosis.

Thrombosis

Thrombosis is the process of blood clot formation, leading to difficulty or complete cessation of blood flow. A blood clot is a blood clot that forms life in blood vessels. The development of thrombosis contributes to the damage of the vascular wall, slowing blood flow, increasing clotting and viscosity of the blood.

Varicose ulcer is a trophic ulcer, a swollen ulcer, usually formed on the shin in a seriously neglected varicose. Varicose ulcer is formed as a result of swelling caused by blood stagnation and further destruction of the affected tissues.

Diabetes - causes the destruction not only of venous, but also arterial walls, dangerous severe swelling, which can cause gangrene.

Varicose in the late stages is treated only surgically, so it is so important to deal with the prevention of this disease. The sooner you notice the varicose veins and begin to fight it, the more effective this fight will be. Remember that your chances of getting varicose veins increase if your relative, such as your mother or grandmother, suffers from the disease. Varicose disease is hereditary in 60-85% of cases. If you fall into this risk group, then prevention should begin without waiting for the first symptoms.

In order not to miss the onset of the disease, you need to closely monitor the condition of their feet. Otherwise, we run the risk of missing a time when it is still possible to prevent the development of the disease, avoid surgery or long-term treatment. To do this, you need to know well what are the signs of the initial stage of the disease and what are the risk factors that can cause this disease in ourselves, our family and friends.

The following are the first signs of the disease:

- Pain in the legs
- The feeling of heat and burning in the legs as the veins progress;
- Heaviness in the legs;
- Swelling of the legs in the evening;
- Night cramps in the legs;
- Extended veins;
- Darkening and scaling of the skin of the shins;
- Trophic ulcers.

Causes of varicose veins:

- High-heeled shoes - (4-5 cm and above);
- Tight jeans and tight belts;
- Long "leg-on-leg" pose;
- Long standing on your feet;
- Overweight;

- Hot baths, saunas, baths;
- Overheating in the sun;
- Leg injuries;
- Strength training, heavy loads;
- Increased doses of hormones, contraceptives;
- Long (hours) sitting at the desk, computer.

Hypertension

High blood pressure or hypertension is one of the most common diseases of the human cardiovascular system. It affects people at the most active age, leads to a decrease in living standards, contributes to the emergence of myocardial infarction and stroke (brain hemorrhage), kidney and eye damage. Due to the fact that in many cases the initial stages of hypertension occur asymptomatic, as well as due to the development of severe complications, arterial hypertension is called a "silent killer." Hypertension is dangerous and insidious. At this stage, the disease often goes unnoticed, and the fact that a person is sick, most often found out by accident, during the dispensary.

The main causes of hypertension:

The first is heredity. It has been established that hypertension in families where next of kin suffer from high blood pressure, develops several times more often than in members of other families. Parents with hypertension are 3.5 times more likely to suffer from the disease. And in order to delay this unattractive moment, it is necessary 10 years earlier than peers to start monitoring their pressure, undergo a medical examination and follow the recommendations of doctors.

It should be emphasized that genetically can be inherited not by hypertension itself, but only by predisposition to it, features of metabolism of certain substances (in particular carbohydrates) and neuro-psychiatric reactions. However, the realization of genetic predisposition is largely due to external influences: living conditions, nutrition, adverse factors.

The second reason is sedentary lifestyle (sofa - chair - car) and irrational food (breakfast - coffee, cigarette; lunch - coffee, biscuits, sandwich; dinner - just a lot of plus alcohol), and therefore excess weight. In almost 50% of patients with hypertension, the increase in blood pressure is due to overweight. Hypertension is about 6 to 8 times more common in overweight people.

The third cause of hypertension is smoking, alcohol, fatty and salty food. Too much salt in diet increases the risk of hypertension by 10 times. And all together increases the amount of lipids and bad cholesterol in the blood and triggers the mechanism of the emergence of vascular atherosclerosis. The opening of the arteries is narrowed by "lime" deposits on the walls, and blood pressure increases, which in turn leads to rapid wear and tear of the heart

muscle.

Smoking is one of the leading factors in the development of most diseases of the heart-vascular system - hypertension, coronary heart disease and atherosclerosis. When smoking 20 or more cigarettes every day, the risk of cardiovascular disease increases by 3 times compared to non-smokers. Smoking increases the risk of sudden death and arrhythmia.

Finally, stress remains the fourth provoking factor for the development of hypertension. In frequent stressful situations, prolonged fatigue, excessive mental stress there is a change in metabolic processes in the brain. There is a relative oxygen starvation of nerve cells, resulting in the development of the first stage of hypertension.

If harmful effects, such as negative emotions, act often for a long time, compensatory and adaptive capabilities of the body are exhausted, and the ability to cope with emerging disorders decreases. In addition, other protective devices are depleted, the tone of a huge network of blood vessels increases steadily, the renal blood flow is disrupted, the endocrine apparatus changes, and the body increases the number of substances that increase the tone of blood vessels. There is a hypertensive disease.

Also, there is a certain psychological type of human personality when the risk of cardiovascular pathology increases several times. These people strive to advance, to achieve a high position in society; they are characterized by constant conscious and strenuous activity. When such people achieve their goal, they immediately find a new one, so they stay in state of internal tension all the time. They always do not have enough time, because after each completed task immediately put a new, more serious, often requiring no less nervous tension than the previous one.

Chapter 3. What to do if the vessels are sick

First of all, you have to change the usual rhythm and routine of life and improve your health. Move more, engage in physical activities. More often leave the city at any time of the year. Take long walks there, but remember that too intense exercise impairs blood circulation. Carefully dose the load and its rate of increase. It is best if your doctor helps you with this.

Set yourself a normal daily routine. Try to eat at the same time. In the healing process, sleep for at least 8 hours. Moreover, according to the natural biological clock, the most optimal time for sleep begins at 23 o'clock. Therefore, do not stay too long in front of the TV.

If you smoke, then quit. This is a prerequisite. With a sufficient desire to wean, it is easy even for a smoker with experience. Usually, during the first 3-5 days after smoking cessation, a feeling of dissatisfaction, some irritability, and mild sleep disorder are noted. It is widely believed that with cessation of smoking a person becomes stout. Indeed, in the first weeks there is a slight increase in weight, due to a decrease in the activity of general metabolism, but later on the exchange is being restored. Therefore, it is advisable during this period to switch to a kefir-vegetable diet and increase motor load. Smokers of intellectual work believe that smoking helps concentration and solving intellectual problems. Remember that stimulating the nervous system with nicotine depletes the brain's mental energy. As a result of such stimulation, a person begins to smoke almost continuously during the performance of mental work. Smoking in such quantity and in a long-time smoker causes acute poisoning: headache, pallor, dryness and bitterness in the mouth, heart cramps. The inevitable effect of nicotine stimulation of mental activity is severe overwork. In some cases, a doctor who uses psychotherapy and medication helps to break the habit of smoking. Self-medication is dangerous, since many existing drugs for this have a general stimulating effect and can cause cardiac disturbances.

Start eating right

Do not eat anything oily. Eat more fruits and vegetables. In addition, for the prevention of atherosclerosis, it is good to use foods that lower blood cholesterol. In general, nutrition recommendations for the prevention of

vascular diseases can be summarized as follows.

- Regularly drink juice from fresh leaves of white cabbage, 1/2 cup 15 minutes before meals.
- Take ground wheat bran. Pour bran with boiling water and leave for 30 minutes, then drain the water. This gruel can be added to any dish 2-3 times a day. You can start with 1 teaspoon, after 7-10 days - 2 teaspoons, after 7-10 days - 1-2 tbsp. spoons.
- It is good to regularly drink radish juice with honey (add to taste).
- Eat more apples.
- There is more seafood - seaweed, squid and krill.
- Eat lingonberries, strawberries, horseradish, onions, garlic, mustard, cabbage, beet tops, carrots, radishes, radishes, celery, rhubarb and asparagus.
- It is good to drink 1 cup of pomegranate juice every day or eat 100 g of low-fat cottage cheese.
- Drink 1.5–2 teaspoons of vegetable oil daily. It normalizes fat and cholesterol metabolism, and also helps to eliminate excess cholesterol from the body.
- Make sure that your food has enough vitamin C, otherwise buy supplements with vitamin C.
- Be sure to limit animal fats in your diet: they are very, very rich in cholesterol. This is butter, fat, cream, sour cream, pastry, cakes and pastries.
- Pay special attention to your liver. The liver is the main laboratory of the body, ensuring the normal course of biochemical transformations of all substances. Especially in this regard, it is recommended to introduce vegetable oils into food.

Physical activities

Now let's talk about physical activities. Increase in muscle activity and mobility within reasonable limits, corresponding to age and general physical condition, are the main areas of healing the body and preventing cardiovascular diseases. Good training and physical activity do not, of course, serve as a universal cure for all ills, but they turn out to be the best protection

against many diseases, even if some of them have a hereditary predisposition. Therefore, if you are concerned about the state of the cardiovascular system, you will have to move more and be sure to engage in physical activities or, if age and health permit, sports. Especially physical activities are recommended for those who are used to leading a sedentary lifestyle for years: at work - sitting at a computer, at home - lying on a sofa in front of a TV.

But it is necessary to warn too zealous enthusiasts from excessive self-training, from blindly following various “tips”, “regimes” and “techniques” that are not coming from a specialist or attending physician. Such "physical activity" may be disproportionate to the capabilities of a particular person, especially if he suffers from diseases of the cardiovascular system. Uncontrolled physical activity can cause significant harm, causing an exacerbation and complication of these diseases. Next, it will be presented a set of exercises for beginners, having mastered which, it will be possible to slowly increase the load.

Chapter 4. Set of exercises for healing of blood vessels

It's given the simplest set of physical exercises for those who have atherosclerosis complicated by hypertension. Start small, but you should be persistent and confident in success. These are necessary conditions for the successful treatment of a disease or the prevention of its development.

Exercises on a chair

Starting position: sitting on a chair; (exercises 1 and 2).

Exercise 1. Hands down, legs together. From the starting position, we raise our hands alternately (Fig. 1).



Fig. 1

When we move the hands up - take a breath, lower down - exhale. Perform the exercise 5-6 times with each hand.

Exercise 2. Keep hands bent at the elbow joints at shoulder width apart, feet together. We begin the circular movements with the elbows: 5-6 times clockwise and the same amount counterclockwise (Fig. 2 a, 2 b).

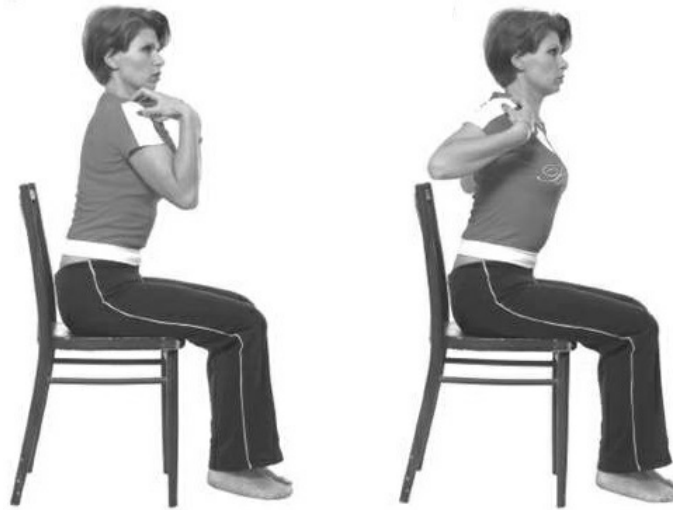


Fig. 2 a, 2 b

Exercises on the floor

Starting position: sitting on the floor; (exercises 3 - 5).

Exercise 3. Hands spread apart, legs together (Fig. 3 a). For inhalation, we bend the left leg in the knee and, helping with our hands, we press it to the chest and stomach (Fig. 3 b). As you exhale, lower your leg, arms to the sides. On the following count, we do the same with the right foot. Perform 3-5 times with each foot.



Fig. 3 a, 3 b

Exercise 4. Hands on the belt, feet shoulder width apart. For inhalation - the body is tilted to the side, for exhalation - we return to the starting position. Perform 3-5 times in each direction (Fig. 4 a, 4 b).



Fig. 4 a, 4 b

Exercise 5. Hands to the sides, legs shoulder-width apart (Fig. 5 a). On inhalation, we raise our hands up and tilt the body forward, to the knees, keeping our head straight (Fig. 5 b). When exhale return to the starting position. Perform 3-4 times.



Fig. 5a, 5 b

Exercises in standing position

Starting position: standing; (exercises 6 -11).

Exercise 6. Keep legs together and arms down. In hands, shoulder-width apart, we hold a stick. For inhalation - we take a step back with the left foot and raise the stick up above the head (Fig. 6), for exhalation we return to the starting position. Perform 3-5 times with each foot.



Fig. 6

Exercise 7. Legs shoulder width apart, arms down. In hands, shoulder-width apart, we hold a stick. On taking a breath - the body is turned to the side, the stick is raised forward; on exhalation - return to the starting position. Perform alternately in each direction 3-5 times.

Exercise 8. Legs shoulder width apart, arms down. On inhalation - we take the right hand and right leg to the side and hold for 2 seconds (Fig. 7), on exhalation - we return to the starting position. Perform alternately in each direction 3-4 times.



Fig. 7

Exercise 9. Keep legs together, arms down as shown on (Fig. 8 a). We do simultaneous wide circular movements of the hands (Fig. 8 b, 8c), first clockwise, then counterclockwise. The breath is arbitrary. We carry out 3-5 times in each direction.



Fig. 8 a - 8 c

Exercise 10. Legs shoulder width apart, hands on the belt. First, perform circular movements of the body clockwise and then counterclockwise 5-10 times, (Fig. 9).

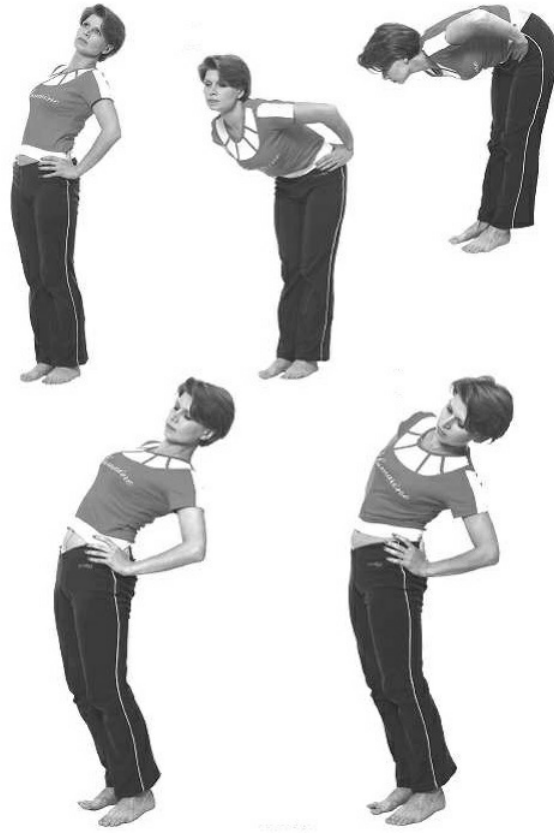


Fig. 9

Exercise 11. Keep legs together and arms down. Free walking on the spot. Perform 30-60 seconds.

You can perform exercises at any convenient for you time, but preferably between 5 pm and 7 pm. It can be performed in the morning and evening, but no later than 8 pm. It's recommended to combine exercises with long walks to get faster results. When the exercises begin to be easy for you, begin to perform them in 2 sets, that is, after completing the exercise once, rest and do it the second time. Between exercises, take a break so that breathing is fully restored.

Chapter 5. The most common joint diseases

The joint diseases can affect one or several joints. There is much such pathology, for example, today more than 100 types of only one of the most common joint diseases, such as arthritis, are known. Joint pathologies differ from each other in the cause of occurrence and the location of the process.

The symptoms of such diseases are often very similar. So, the symptoms of arthritis are also characteristic of systemic lupus erythematosus and gout. The main symptom is pain, which intensifies with movement. The movements of the affected joint are constrained. Externally, there is a swelling, and in some cases, a change in the shape of the joint.

Causes of arthritis

The development of arthritis (osteoarthritis), as a rule, occurs for reasons such as:

- Injuries.
- Chronic infections leading to a decrease in immunity.
- Autoimmune diseases and allergic reactions.
- Lack of vitamins and minerals in food.
- Heredity.

In the absence of proper and timely treatment, arthritis passes from acute to chronic. In this case, complications in the form of dystrophic changes in the joint (arthrosis) are often observed.

Causes of arthrosis

Arthrosis is one of the most common chronic diseases of the joints, which is of an exchange nature. Arthrosis is characterized by changes in the articular cartilage. In the initial stage of arthrosis, a person experiences pain as a result of sharp physical exertion, and as the disease develops, it becomes constant. There is a swelling in the joint area, as well as stiffness of movements and pain in it after sleep.

If you do not start treatment on time, the destruction of the articular cartilage, and then the bone structure. Deforming arthrosis develops, characterized by a persistent violation of the functions of the joint and a change in its shape, which leads to disability and the inability to lead an active life. Most often, arthrosis affects the knee and hip joints, as well as the digital phalanges. The disease is more likely to affect middle-aged people, as well as the elderly.

The main causes of arthrosis are:

- Frequent overloads.
- Injuries to the cartilage of the joint and articular ends of the bones.
- Intoxication resulting from an infectious disease.
- Violation of metabolic processes.
- Joint surgery.
- Diseases of the endocrine system.
- Overweight.
- Age-related changes.

Often there is such a kind of arthrosis as osteoarthrosis. In addition to the above symptoms, it is characterized by damage to the articular bones with the development of osteophytes, thickening of the joint bag and spasm of the muscles surrounding it.

The formation of osteoarthritis most often occurs inside large joints. Its varieties include:

- Disease of the hip joint.
- Disease of the knee joint.

In addition to medication, special exercises are vital to improving the condition of the joints, such as reducing pain, increasing their mobility, and

in many, especially acute cases, promoting their healing.

Chapter 6. Set of exercises for prevention and healing of joint diseases

Exercises for wrists

Starting position: Standing up.

Exercise 1. Hands are extended forward at shoulder level. Squeeze and clench fists (Fig. 10). Repeat it 8-10 times.

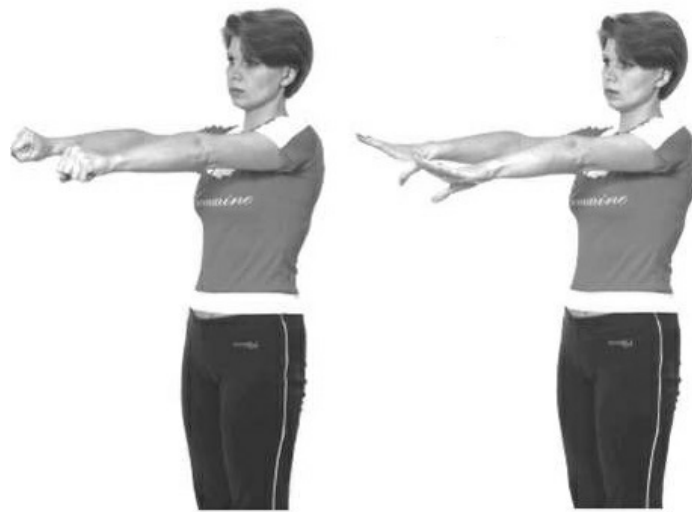


Fig. 10

Exercise 2. Hands down. Each finger in turn we make clicks (as if clicking someone on the forehead). Repeat it 8-10 times with each hand.

Exercise 3. Hands down. Consistently squeeze the fingers from the little finger to the large so that the tip of the finger to touch the palm of the palm (Fig. 11). Repeat it 8-10 times.



Fig. 11

Exercise 4. Hands stretched forward parallel to the floor, palms down (Fig. 12 a). The tips of the fingers pull to themselves (Fig. 12 b, 12 c). We make several such springing movements, alternating tension and relaxation. Repeat it 10 times.

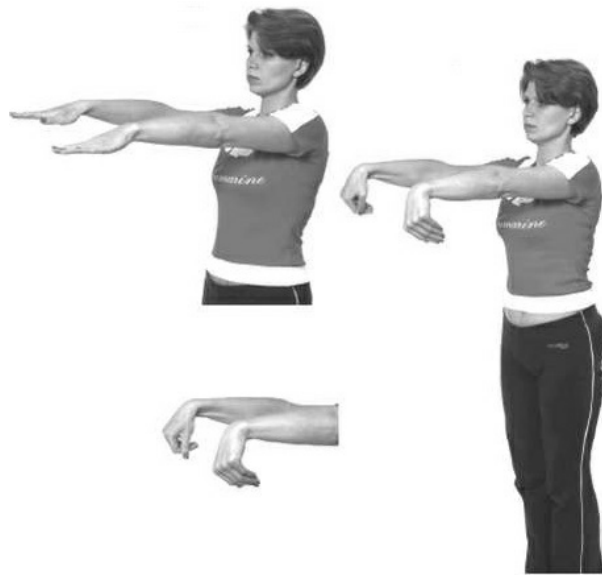


Fig. 12 a - 12 c

Exercise 5. Hands stretched forward, hands clenched in fists (Fig. 13 a). Fists should be rotated in a circle with maximum diameter 10 times in clockwise and counterclockwise directions. (Fig. 13 b, 13 c).

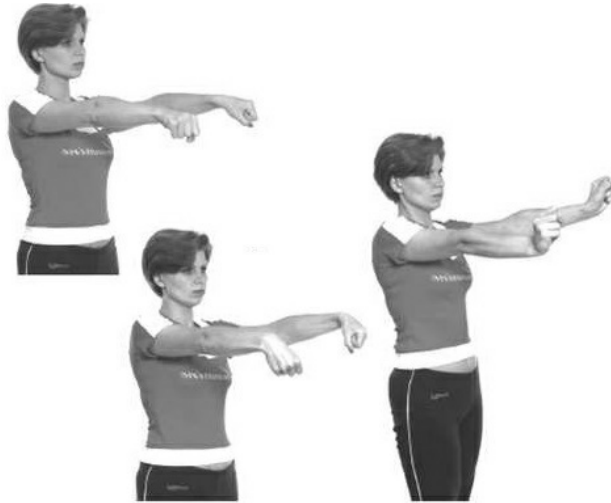


Fig. 13 a - 13 c

Exercise 6. Hands down. Move your palms parallel to the floor, first with your fingers forward (Fig. 14 a), and then back (Fig. 14 b).



Fig. 14 a, 14 b

Exercises for elbow joints

Exercise 7. Starting position: standing, shoulders hold parallel to the floor, arms bent in elbows, forearms hang freely. Perform rotational movements of the forearms around the elbow joints 10 times in both directions. Make sure your shoulders don't move (Fig. 15).



Fig. 15

Exercises for shoulder joints

Starting position: Standing up.

Exercise 8. Hands down. Straightened right hand, freely lowered along the torso, rotate in the frontal plane in front of itself 8-10 times, first clockwise, then - against (Fig. 16). The same exercise should be performed with the left hand.



Fig. 16

Exercise 9. Hands down, head straight. Shoulders pull forward, towards each other (Fig. 17). Repeat it 8-10 times.



Fig. 17

Exercise 10. Now the same thing is back, so that the shoulder blades "come" to each other as close as possible (Fig. 18).



Fig. 18

Exercise 11. Hands down, head straight. Raise your shoulders trying to reach your ears (Fig. 19). Repeat it 8-10 times.



Fig. 19

Exercise 12. Hands down, head straight. We make circular movements of the shoulders forward. The amplitude of rotations is the maximum. Repeat it 8-10 times, then do the same in the opposite direction.

Exercise 13. Hands down, palms back. Hands down, palms back. We turn our hands forward to the stop. Repeat it 8-10 times. Then we do the same thing in the opposite direction.

Exercise 14. It's a relaxation exercise. Shake hands, relax muscles. You can take a slow walk around the room. When the breath is normal, continue the exercises.

Exercise 15. Hands in front of the chest are clutched in the lock. The body is straight, the position is fixed. Only the head and shoulders move, everything else remains stationary.

We turn the head and shoulders to the right, the right hand pulls on the left hand (Figure 20 a). Having reached the point, we make two springing movements, trying to continue the movement. Then the same to the left, now the left hand pulls the right hand (Figure 20 b). We perform 8 times each way.

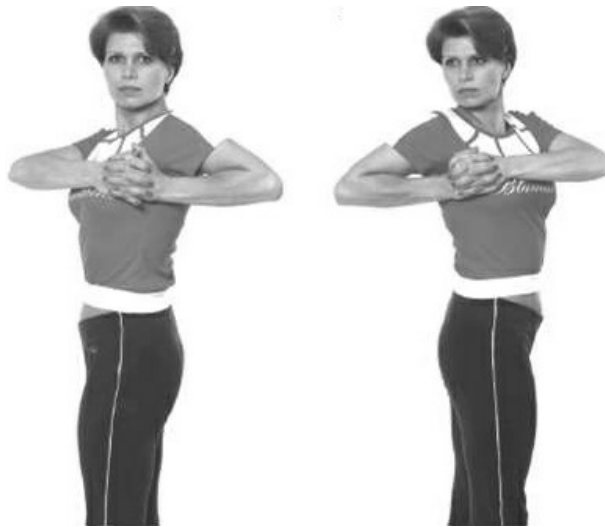


Fig. 20 a, 20 b

Exercises for feet

Starting position: standing up.

Exercise 16. We keep our hands on the belt. The right leg is slightly bent in the knee, the foot is held on weight. Pulling the sock away from ourselves (Fig. 21 a), make 2-3 springing movements by pulling heel forward and sock on itself (Fig. 21 b). We perform it 8 times each way. Then we repeat this exercise with another leg.



Fig. 21 a, 21 b

Exercise 17. We keep our hands on the belt. We move our right foot aside. We turn the foot inside (Fig. 22) and make 2-3 springing movements. We move aside the left leg and do the same exercise. Repeat it 8 to 10 times each way.



Fig. 22

Exercise 18. We keep our hands on the belt with the right leg bent a little in the knee. Alternately each foot slowly makes circular movements, 8-10 times in each direction. Movements such as if with a thumb draw on the wall circles of the largest radius. It should be noted that the leg remains stationary (Fig. 23).



Fig. 23

Exercises for knee joints

Starting position: standing up.

Exercise 19. We keep our hands on your belt. Right leg bend in the knee, hip parallel to the floor, shin relaxed. We make rotational movements by the shin 8-10 times in each direction (clockwise and counter clockwise), Fig. 24. Then we repeat this exercise with another leg.



Fig. 24

Exercise 20. The legs are slightly wider than the shoulders. We rest our hands on our kneecaps. The back is flat; we look forward and do not lower our heads. Helping with his hands, we make movements with our knees, first 10 times inside, then the same amount - outwards (Fig. 25). At the end of each movement, the legs are all strained.



Fig. 25

Exercise 21. Legs together, palms on your knees. We make circles with knees, unbending them at the end of each movement (Fig. 26). Similarly - in the opposite direction. Repeat 8-10 times in each way.



Fig. 26

Exercise 22. The starting position is the legs together, the palms on the knees. With two or three springy movements of hands push on the kneecaps and try to straighten your legs even better (Fig. 27). Look forward. Repeat exercise 8-10 times.



Fig. 27

Exercise 23. The starting position is the legs together and hands on the belt. Lift the right leg bent in the knee, the hip parallel to the floor, the body is motionless (Fig. 28 a). We move the hip to the right and make 2 springing movements, trying to take the hip even further (Fig. 28 b). Repeat 8-10 times, then do the same with your left foot.



Fig. 28 a, 28 b

Exercise 24. The starting position is legs together hands on the belt. We lift the right leg bent in the knee, the hip parallel to the floor, the body is motionless. We move the hip to the right and the kneecap "draw" on the wall circles 8 times each way. Similarly should be done with the left foot.

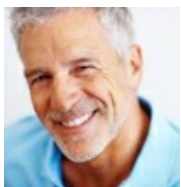
Exercise 25. The back is straight; the hands are on the belt. We walk on straightened legs, first leaning on the whole foot, then on the heels, on socks, on the inside of the feet, on the outer side of the feet. You can't bend your knees.

After completing exercises, you should relax the muscles, shake your hands and feet, and take a shower.

Conclusion

I hope this book has helped you understand that the health of blood vessels and joints depends largely on your lifestyle. A doctor can help, but it depends on you how much you need his help. Our well-being and state of mind is determined by the work of internal organs and the adaptive capabilities of the body. When the body functions harmoniously, we do not feel our heart, nor liver, nor kidneys, nor stomach. Feeling of vitality, strength and health create a good mood. We ourselves create diseases in our body when we lead a poor lifestyle, because our body is a direct reflection of our life. The emerging ailments of the body are trying to tell us that we are not all right. Every cell and its smallest particle react to our thought, spoken or untold word. A vicious circle arises: a sick body creates bad thoughts, and those in turn have a negative effect on the body. Break out of this a man must "rotate" himself, because no matter how much the doctors fight, they cannot break this vicious circle without your help. Learn to value yourself and your abilities. Appreciate every moment of his being, and then much will be vain and empty in essence. A disease is a retribution for frivolity, a payment for eternal fear, for thoughtless actions and, finally, retribution for banal laziness. Maintain your health by cleansing your thoughts, positively tuning in for each coming day and paying special attention to your diet, gymnastics and lifestyle in general.

About Author



Samuel Greenberg, writer, teacher, educator, researcher and practitioner with interests in astrology, NLP, psychology, human health by natural methods and other fields.

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I will glad to answer your questions and use them in my upcoming books.