

# Preserving Your MOBILITY

Participation in sport has many health benefits and the number of people regularly performing some forms of physical activity continue to increase year by year. Government bodies have been persistently encouraging all generations to exercise regularly and stay active. Besides, younger generation is also showing increasing participation in sports and exercise on an average day. There are many reasons that people do exercise. Staying healthy, weight loss, and to improve and maintain physical strength are amongst the main reasons people in Japan do exercise, workout or play sports in year 2020.

It is proven that participation in sports or exercise will bring many health and social-psychological benefits. However, sports injuries may occur during exercise because of accidents, poor training practices, improper gear or overuse of the body parts. According to Ministry of Health Malaysia, knee injury is one of the most common sport injuries that occur during exercise. In the United States, nearly 30% of overuse injuries have been reported among young athletes in 2012 and an average annual estimation of 8.6 million sports and recreation-related injuries have been reported in a study in 2016.

Engaging in sports and exercise has been reported to reduce the risk of functional disability. However, it is important to prevent sport injuries while exercising and do it correctly to preserve your mobility. The following preventive measures can help to protect your body and joints:



**Don't overdo it**



**Don't twist your knee when you stretch**



**Use softest exercise surface**



**Land with your knees bent when jumping**



**Don't bend your knees more than half way when doing knee bends**

Besides reducing the risk of getting sport injuries, you can also identify your risk of joint problems or early stage knee osteoarthritis by answering the following questions to assess your joint health:

1. Are you aged 45 years and above?
2. Have you experienced any pain in your joint after activities?
3. Are you experiencing the morning joint stiffness that lasts for more than 30 minutes and more than once?
4. Have you had any "crackling" sounds when moving your joints?

If you have answered "YES" to 3 or more of the above questions, you should seek advice from healthcare professionals to manage your joint health so that you can preserve your mobility.

Besides treating the sport injuries with conventional drugs such as pain reliever and non-steroidal anti-inflammatory drugs (NSAIDs), adjuvant therapy can be recommended which may help to improve the underlying condition and speed up the recovery. Glucosamine, Chondroitin and Methylsulfonylmethane (MSM) are amongst the most popular adjuvant therapy available for joint pain and knee injuries. These 3 ingredients work synergistically in reducing pain as well as promoting the joint regeneration.

Choosing a product with branded ingredients is important consideration to ensure the highest purity of the active ingredients and proven effectiveness of the treatment. **b-glu**<sup>®</sup>, a high purity pharmaceutical grade glucosamine HCl and **CS b-Bioactive**<sup>®</sup>, the most thoroughly researched chondroitin sulfate in the market, are both from Bioiberica S.A.U., Spain. On the other hand, **OptiMSM**<sup>®</sup> is the world's purest methylsulfonylmethane (MSM) from Bergstrom Nutrition, Inc., USA. For more than 25 years, **OptiMSM**<sup>®</sup> is recognized as the safest, purest and most consistent MSM in the world.

Taking care of your joints early can help prevent a number of joint injuries that might otherwise affect you as you get older, injuries that could have an impact not just your mobility but on your quality of life.

**Reference:** (1) Yahtyng S et al. Sports- and Recreation-related Injury Episodes in the United States, 2011-2014. National Health Statistics Reports. (2016) 99:1-10.

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