

About knee pain

Sudden pain in the knees is usually down to overusing the knee or suddenly injuring it. The knee joint is particularly vulnerable to damage as it takes the full weight of your body and even more force when you are running or jumping.

Tendinitis:

This is caused by overusing/injuring the tendon that connects the knee cap to the shin bone.

Tendinitis is sometimes referred to as jumper's knee as it can be brought on by jumping activities such as basketball or volleyball. If you do have tendinitis the area around the knee cap may be swollen, red and warm.

Chondromalacia

Chondromalacia is due to irritation of the undersurface of the kneecap. Underneath the kneecap, or patella, is covered by a layer of smooth cartilage which generally glides effortlessly across your knee when you are bending the joint.

However for some people the kneecap tends to rub against one side of the knee joint so the cartilage surface becomes irritated, this is where the knee pain comes from.

Osgood-Schlatter's disease

This condition causes swelling and tenderness over the bony bump just below the knee cap.

This is a very common cause of knee pain for teenagers, especially teenage boys who play a lot of sports as it overuses their thigh muscles.

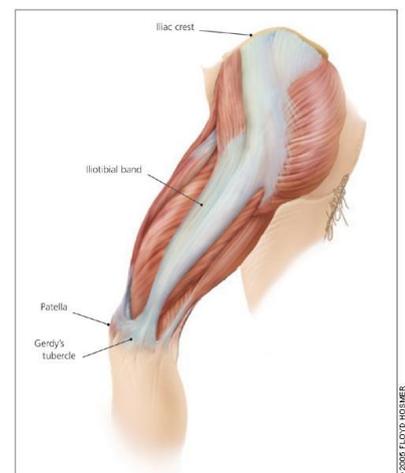
Iliotibial Band Syndrome (ITBS)

ITBS is one of the main causes of knee pain for runners.

The iliotibial band is a superficial thickening of tissue on the outside of the knee, extending from the outside of the pelvis, over the hip and knee, and inserting just below the knee. The band is crucial to stabilizing the knee during running and it needs to move from behind the femur to the front while walking. Continual rubbing of the band combined with repeated flexion and extension of the knee during activities like running may cause the area to become inflamed.

How can I treat these?

- Avoid putting weight onto the knee.
- Keep your leg raised on cushions as this will help reduce the swelling.
- Put an ice pack/bag of frozen peas on your knee a couple of times a day for 15 minutes.
- Take ibuprofen as this may also reduce the swelling.
- Wear knee straps as they provide non-invasive pain relief for your knee and can be worn all day without interfering with all your daily activities.



About tennis elbow

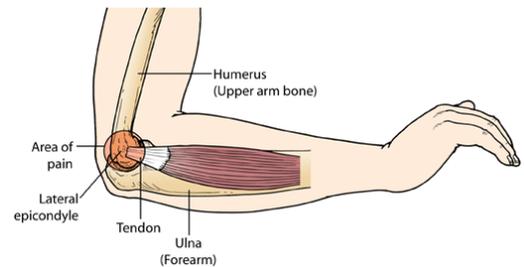
What is tennis elbow?

Tennis elbow is a condition that causes pain around the outside of the elbow which is caused by overuse of the muscles and tendons of the forearm.

One of the main causes is tennis hence the name tennis elbow, however it can be caused by anything that places repeated strain on the joint for example; playing the violin or decorating.

Where might you notice pain?

- When you grip onto small items such as pens and pencils.
- When bending and lifting your arm.
- When twisting your arm such as opening a jar/bottle.
- Tennis elbow may also make it difficult to fully extend your arm.



What are the causes of tennis elbow?

The elbow joint is surrounded by muscles which move your wrist, fingers and elbow. There are also tendons which join the muscles and the bones together and also control the muscles of your forearm.

This condition is caused by overusing the muscles which are attached to your elbow and are used to straighten your wrist. When you overuse these muscles it causes a strain on the muscles and tendons. This can cause tiny tears and inflammation near the bony lump on the outside of the elbow.

How can I prevent it?

It is not always easy to avoid getting tennis elbow, however if you already have it and want to stop it getting any worse you should avoid putting strain onto the muscles and tendons in the elbow joint.

How do I treat it?

Unfortunately tennis elbow is a self-limiting condition; this means it will get better in time without treatment. However there are things you can do to speed up the recovery and improve the symptoms relating to tennis elbow.

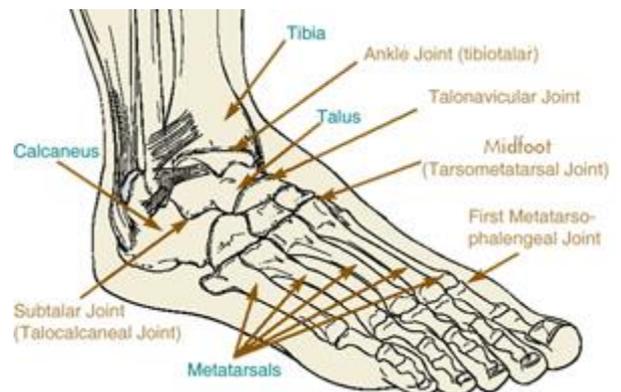
- Elbow bands – They give maximum pain relief without medication by applying pressure directly onto the affected tendon. You can wear these all day as they don't interfere with daily activities.
- Rest – It is very important to rest your injured arm and stop doing the activity which is causing the problem, this will give the joint time to heal faster.
- Cold compress – It doesn't have to be an expensive cold compress it could just be a bag of frozen peas wrapped in a towel. Do this several times a day and it will help ease the pain
- Physiotherapy – Massaging and manipulation the area may help relieve the pain and stiffness in your arm.
- Painkillers – Painkillers like ibuprofen will be best to take as they are anti-inflammatory so they help reduce the inflammation that tennis elbow causes.

Arthritis in the hand and feet:

Arthritis is a term that covers over a hundred medical conditions caused by joint inflammation.

Causes of arthritis:

- Genetics
- Age
- Weight
- Previous injury
- Occupational hazards
- Some sports
- Illness or infection



What's the cause of pain associated with arthritis in the hand and feet?

In our bodies we have something called cartilage which basically acts as a shock absorber, it also provides a smooth gliding surface for the joint. The cartilage can be lost due to disease or trauma or just because it has been worn down or damaged, this is what causes the pain as the joints can no longer move as smoothly as before.

The body attempts to make up for the lost cartilage by producing fluid for the joints which acts like a cushion, however this causes your joints to swell which stretches the joint covering and restricts movement in the hand/foot.

How can it be treated?

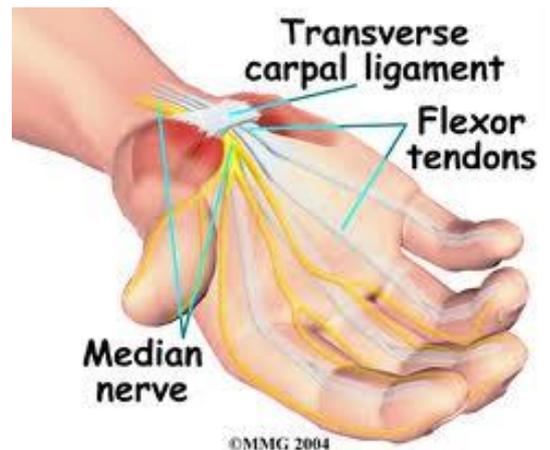
- Medication – Tablets can treat the symptoms brought on by arthritis; however it cannot restore joint cartilage or reverse the damage it has caused.
- Arthritis compression gloves/socks – These gloves/socks are designed to help relieve aches, pains, swelling, cold hands and stiffness associated with arthritis of the hands/feet, whilst allowing you to carry on with daily tasks.
- Exercise - Hand-stretching exercises can help improve range of motion and strengthen the muscles that surround the joints. It may help to perform these exercises while your hands/feet are submerged in water.



Carpal tunnel syndrome

What is a carpal tunnel?

Your carpal tunnel is a channel in the palm side of your wrist. The bones in your wrist are arranged as a semi-circle. A tough ligament, known as the transverse carpal ligament, forms a roof over these bones, creating a passage way which is known as your carpal tunnel. The tendons that you use to bend your finger and wrist pass through your carpal tunnel. It also surrounds your median nerve, which is one of the three nerves that connect your wrist to your hand; this nerve is what controls some of your muscles that move your thumb.



Causes of carpal tunnel syndrome:

Carpal tunnel syndrome is caused by compression of the median nerve. Here are a few examples of how you can get carpal tunnel syndrome.

- If you have a family history of Carpal Tunnel Syndrome.
- Pregnancy – up to 50% of pregnant women develop this syndrome.
- Wrist injuries.
- Strenuous, repetitive work with the hand.
- Other health conditions such as diabetes and rheumatoid arthritis.

Symptoms of carpal tunnel syndrome:

- Pain
- Numbness
- Tingling/burning sensation
- Weakness

These symptoms mainly affect your wrist, hand and thumb.



How can I treat it?

- In some cases CTS will go away without any treatment.
- CTS in pregnant women normally goes within three months of having the baby, however some symptoms can continue for more than a year and will require treatment.
- You can get non-surgical treatments, i.e. gloves (with or without thumb support). They provide flexible support to your wrist and thumb whilst still allowing full use of your hand. They keep your hand in the correct position while also adding stability to your thumb.
- In some severe cases surgery will be required and you can normally go back to work after a couple of weeks.

Mouse and keyboard cushions

Mouse and keyboard cushions are important because they help to raise your hand whilst typing and using the mouse. Without the cushions your hands can become very tired after a period of repetitive typing and clicking on the mouse. It is important that your hands are in the right position whilst typing and using your mouse as otherwise it could cause Repetitive Strain Injury (RSI) or if you already have it, it can make it a lot worse. A cushion may help keep your hand and wrist in line, this is important as your hands and wrist need to move as one directed from your shoulders. If you do not do this and just use your fingers and wrist it could cause inflammation of the upper back and neck muscles. You could also buy something called a computer glove which helps protect your wrist from hard surfaces and laptop heat.



Back rests

If you are working in an office setting and sit in a chair that doesn't have adequate back support can cause a great deal of pain in the lower back. This is because when you are seated the lumbosacral discs are loaded three more times than standing. Sitting without back support usually leads to poor posture which stresses the soft tissues and joints in the spine. On the lower portion of your spine everyone has a natural curve towards the belly. A back support promotes good posture by simply filling that gap between your spine and the chair. A good back support helps to relieve pain in the lower back as they relieve a lot of the muscles responsibility of having to keep the spine naturally curved.



Stress balls

The most popular method to relieve stress is the stress balls. Just simply squeezing them can help you ease a few of your concerns and release some built-up tension. Stress balls work best when you are just concentrating on them and blocking everything else around you out for a while. These balls can have a very beneficial effect on your mind and body. Also by squeezing these balls you're giving your hands a small work out, which could also be a nice break from people that type all the time as they are taking a break and exercising their hands in a different way. Stress balls will also be able to help prevent Carpal Tunnel Syndrome.



HappiNeck

Neck cushions offer the ultimate comfort and support. The cushions work by gently contouring to your neck and shoulders whilst keeping your neck warm and offering great support. Neck cushions work by supporting your neck and head which helps you to relax a lot.

You can use these for sleeping, watching TV, reading, airplane travel, driving and much more.



Eye mask for migraines

Migraines are usually a severe headache felt as a throbbing pain at the front or on one side of the head. As well as headaches most people normally experience nausea and sensitivity to light. You can get medication to help relieve the pain, however if you do not want to take medication you can buy eye masks.

These masks work by conforming to your face and eyes, which helps to block out light, and aids sleep. Our eye mask is filled with ergoBeads which creates a gentle massaging effect around your eyes, which is great to help you relax. To make this product work even better why not put it in a sealed bag and put it in the freezer, this helps to provide cool relief without the shock of ice or gel packs.

This product isn't just for migraines you can wear it for sinus pain, eyestrain or even just for relaxing and traveling.

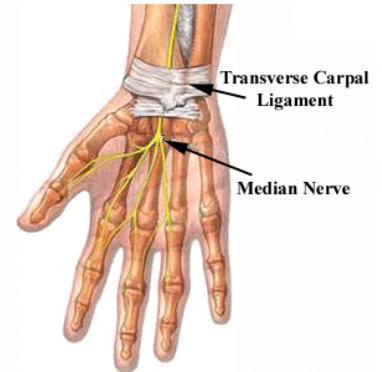


About RSI

What is RSI?

Repetitive strain injury (RSI), also called work-related upper limb disorder, is a general term used to describe the pain from muscles, nerves and tendons caused by repetitive movement and overuse.

This condition mostly affects parts of the upper body, such as the forearm, elbow, wrist, hands, neck and shoulders, and may also cause stiffness and swelling.



What are the different types of RSI?

- **Type 1 RSI** – This is when a doctor can diagnose a recognized medical condition from your symptoms. It is usually characterized by inflammation and swelling of the muscles or tendons. Some medical conditions that can be classed as type one are: bursitis, carpal tunnel syndrome and tendonitis.
- **Type 2 RSI** – This is when a doctor is not able to diagnose a medical condition from your symptoms. Usually this is because apart from pain there are no obvious symptoms. This type of RSI is also referred to as non-specific pain syndrome.

What are the causes of RSI?

RSI is usually associated with doing certain activity repeatedly for a long period of time. It often occurs in people who work at computers or carry out repetitive manual work. One worker in every 50 has reported an RSI condition in the UK, so it is quite common.

There are certain things that are thought to increase the risk of RSI including:

- Doing an activity for a long time without rest.
- Doing an activity that involves force, such as lifting heavy objects.
- Poor posture or activities that require you to work in an awkward position.
- Cold temperatures.
- Vibrating equipment.
- Stress.

How can I treat RSI?

- You can get prescribed pain killers from your GP.
- Using heat or cold packs
- Elastic support or splints
- Improving your posture at the computer desk by sitting upright, improved by back cushions, and to keep your hands in the right place you could also use mouse and keyboard cushions.

