

## Arthritis of the Feet - Using Light Therapy to Relieve Pain & Discomfort

**Osteoarthritis** is the most common type of arthritis, and whilst it mostly affects the knees, hands, hips and spine, it can happen in any joint, including the feet and ankles. Osteoarthritis affects the feet of one in six people over the age of 50.

There are 33 joints in the foot, but the big toe is the one that is most commonly affected by osteoarthritis.

With **rheumatoid arthritis**, the most common type of inflammatory autoimmune arthritis, more than 90 percent of patients develop symptoms in the foot and ankle over the course of the disease. In

about 20 percent of rheumatoid arthritis cases, foot and ankle symptoms are often among the first signs of the disease.



Arthritis symptoms include **pain, aching, stiffness, and swelling** in or around the joints. This pain can make even the simplest everyday tasks a struggle and can sometimes severely limit physical activities.

Only a medical professional can make a definitive arthritis diagnosis, but many sufferers find relief with home treatments. In particular, **light therapy** can help by **relaxing muscles** and **relieving spasms, pain, and stiffness**.

Photizo red light therapy works by increasing the energy in the cells of your body. Your cells function less well after damage caused by injury, surgery or disease, or if your body is slower to heal from conditions such as diabetes or the ageing process.

So, the red light works by making the damaged cell work better and more efficiently. The energy in the light stimulates the mitochondria and promotes the process of Adenosine Triphosphate (ATP). This restores the health of the cell supporting a quicker recovery or ongoing management of your condition.

This speeds up the natural healing process of your body, reducing swelling and inflammation, stimulating your immune system and relieving pain. Cells that are damaged after an injury trauma are also rejuvenated. In addition, red light therapy is so gentle that you can use it frequently without causing more damage to injuries or suffering other side effects.

*In short, Photizo red light therapy can help to relieve pain and discomfort caused by many underlying health conditions, and helps you to feel much better.*