



Rheumatoid Arthritis and the Jing Method™ by Mandala Massage Brighton

What is it?

Rheumatoid arthritis (RA) causes joint inflammation and pain. It happens when the immune system doesn't work properly and attacks the lining of the joints, called the synovium. The disease commonly affects the hands, knees or ankles, and usually the same joint on both sides of the body, such as both hands or both knees. But sometimes RA causes problems in other parts of the body as well, such as the eyes, heart and circulatory system and/or the lungs. For unknown reasons, more women than men get RA, and it usually develops in middle age. Having a family member with RA increases the odds of developing RA.(1)

Signs and symptoms

- Joint pain, tenderness, swelling or stiffness that lasts for 6 weeks or longer
- Morning stiffness that lasts for 30 minutes or longer.
- More than one joint is affected.
- Small joints (wrists, certain joints in the hands and feet) are typically affected first.
- The same joints on both sides of the body are affected.
- Many people with RA get very tired (fatigue) and some may have a low-grade fever.
- RA symptoms may come and go.
- Having a lot of inflammation and other symptoms is called a flare. A flare can last for days or months.

(1)

Treating RA with the Jing Method™

The chronic and complex nature of this systemic condition is perfectly suited to the Jing Method™

The Jing Method™ blends the best of advanced bodywork techniques from both East and West including trigger point, fascial work, acupressure and stretching with a truly holistic approach based on the biopsychosocial model of pain and modern neuroscience.

You can expect a warm and compassionate partner to guide you on your journey out of chronic pain, a thorough assessment, an individual treatment plan and after care tailored to your specific needs.



How can massage help?

Jing Method™ advanced clinical massage can help in a couple of ways. During a flare up treatment is focussed on the nervous system, bringing you back into the parasympathetic state. This is the opposite of the fight and flight state, when the nervous system is ramped up, contributing to an exaggerated autoimmune response.

When there is not a flare up, treatment can be more direct, focussing on specific areas of pain.

Studies show that, massage, and other complementary alternative therapies like yoga, acupuncture, and tai chi have also been proved for their capability in RA treatment. (2)

Things you can do yourself

There is good evidence to show that self-management works to improve outcomes for people with conditions such as RA. Self-management takes on many forms. Regular exercise and healthy diet have been shown to improve RA symptoms and overall health. If you are a smoker, quitting smoking can relieve symptoms and make medications more effective.

RA is not managed by healthcare professionals and the prescribing of medications alone, though they do of course play an important role.

Being diagnosed with a long term health condition and being on long term medication can have a huge impact on the person with RA. It can also make them feel as though they are not in control of the situation and taking back some of that control is important. (3)



Contact me on 07737 142699 or visit mandalamassagebrighton.com to book your appointment

Sources

(1) Rheumatoid Arthritis | Arthritis Foundation

(2) Kumar, L.D., Karthik, R., Gayathri, N. and Sivasudha, T., 2016. Advancement in contemporary diagnostic and therapeutic approaches for rheumatoid arthritis. Biomedicine & Pharmacotherapy, 79, pp.52-61.

(3) Managing your RA | NRAS | Self-management