

# *Alderete Chiropractic*

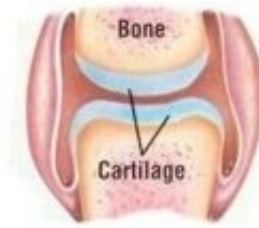
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## About Osteoarthritis

Osteoarthritis is a slow degeneration of the joints that connect your bones and allow you to move. Aging, injury, poor posture, and excess weight can cause joints to wear down and become stiff and painful.

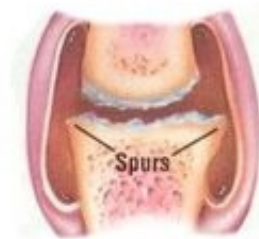
### Healthy joints

Inside each joint, the ends of the bones are covered with a tough tissue called cartilage. In healthy joints, the cartilage is smooth and slick, so the bones can move easily.



### Arthritic joints

With osteoarthritis, the cartilage becomes rough and pitted. As the joints wear down, calcium deposits, spurs (bony outgrowths), and swelling may develop. This restricts movement and causes pain.



### Common Sites of Arthritis

