

# National Arthritis Awareness Month



**Dr. Ishwar Bohra**

Orthopaedic Surgeon,  
BLK Max Hospital Rajinder Nagar,  
New Delhi

## Joint health problems: Rising across all ages

Joint pain is often considered a problem associated only with ageing, but this belief is increasingly proving to be incorrect. Today, a growing number of younger adults are experiencing joint discomfort due to changing lifestyles, long working hours, reduced physical activity and poor posture habits. Extended screen time, prolonged sitting and lack of regular exercise are placing unnecessary stress on joints at a much earlier age.

Conditions such as osteoarthritis, rheumatoid arthritis, tendinitis and early cartilage wear are no longer limited to the elderly population. Many individuals in their 30s and 40s now report symptoms such as knee pain while climbing stairs, stiffness after long periods of sitting, reduced flexibility and discomfort during routine movements. Ignoring these early warning signs can allow the condition to progress and affect overall mobility and quality of life.

Certain symptoms should not be overlooked. Persistent pain, swelling, morning stiffness, reduced range of motion or pain that worsens with activity may indicate an underlying joint problem requiring medical attention. Early diagnosis plays a crucial role in preventing long term damage and improving treatment outcomes.

Fortunately, several preventive measures can help maintain healthy joints. Regular low impact exercises such as walking, cycling, swimming and stretching help strengthen muscles and improve joint flexibility. Maintaining a healthy body weight

reduces pressure on weight bearing joints like the knees and hips.

A balanced diet rich in calcium, vitamin D and protein also supports bone and joint health.

Equally important are proper posture, ergonomic work habits and avoiding self medication. Consulting an orthopedic specialist when symptoms persist can help identify the root cause early and ensure timely treatment. With the right care and lifestyle choices, joint health can be preserved and an active, independent lifestyle can be maintained at every age.

