



Dr. Angela's 5 Tips for Optimal Joint Health

Get healthy joints, muscles
and all-around optimal
physical health

www.rosecityhealth.com

Portland, OR



#1: Movement

How often do you exercise?

What types of exercise do you do?

In order for your ligaments and joints to be healthy and strong, strengthening and conditioning is a must.

Functional Movement Assessment is a type of analysis that can show you where your patterns of strength, weakness and poor coordination are undermining your physical capacity



#2: Hydration

Do you drink enough water on a daily basis?
Often 80-100 oz is needed for optimal joint health.

In counting your daily water intake, subtract one cup for every serving of alcohol, coffee and black tea as those are dehydrating to your body.



#3: Nutrition

Did you know that joints, joint capsules, menisci and cartilage all have as a primary building block collagen?

Collagen is a type of connective tissue also found in our skin and fascia.

It is not often found in the typical American omnivorous diet, but can be found in gelatin, bone broth, collagen supplements and certain soups from other countries, such as phở and birria.



#4: The Hormone Connection

Thyroid function impacts joint health – if you have concerns about being hypothyroid (some signs are weight gain, fatigue, thinning/ loss of hair and joint pain), you should evaluate this with your doctor

And in return our physical health can impact our hormones. Women who develop more strength through conditioning exercises can expect their sex hormones (estrogen, progesterone, testosterone) to find a more optimal balance.



#5: Additional Considerations

These are just a few of the foundational building blocks that are necessary for good physical health.

If you continue to suffer from joint aches and pains, if you are still dealing with the physical effects of an old injury, then you may benefit from [Regenerative Injection Therapy](#).

RIT uses prolotherapy or Platelet-Rich Plasma Injections to promote re-healing of old injured areas in joints, ligaments and tendons.

Thank you

I hope you found this overview helpful. I think of this really as just the beginning of achieving improved physical function and performance.

If you have any questions and would like to book a consultation or new patient appointment, please contact me at [Heart Spring Health](#), in Portland, OR.

Sincerely,
[Dr. Angela Cortal](#)

