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Are you suffering from severe pain in your various joints? In today's world arthritis or rheumatic arthritis has been a very common disease. Most of the people get affected with severe pain in their knee joints, back bone, shoulder joints, neck, hip joints, hands, wrist, legs, and so on. Every day's work pressure gives rise to tension and these pains become more intense and brutal. Today with the growth of science and technology, regenerative medicine has been invented that is possible for low and soft tendon injuries.

With several inventions and research work by scientists, rheumatic arthritis can be easily treated. All you need to do is regular exercise. Walking is the best exercise, which heals the pain in several joints. After coming from your work place, it is always suggested to you to do some sort of physical exercises. Walking helps a lot in blood circulation and thereby you can get rid of pains in your joints. The muscles get relaxed and you do away with the joint pains.

You can also go to gymnasiums and many centers where you can undergo physical exercises. Even in your house you can do an hour of exercise like jogging, spot jumping, cycling which help you to relax your muscles and your joints will get relieved of harsh pains.

Some modern techniques to get rid of joint pains

Stem cell therapy is the most updated therapy for arthritic joint pains. It is done through a method called PRP or platelet rich plasma. This therapy draws the blood of the patient and makes it run through a centrifuge that in turn collects the cells in the blood vessels. After the processing is done, and the blood is collected, the concentrated blood is injected into the destined place for therapy. Platelet rich plasma therapy generally consists of a series of three injections that needs a definite time period. The healing process takes a bit time. However, you must not lose hope and go for this regenerative medication.

The most important progress in regenerative medicine is the treatment based on amniotic fluid. This fluid contains a great amount of stem cells, which also consists of the entire biological system. Amniotic fluid is highly rich in proteins and stem cells that are very necessary for fetal development. Intensive study of medical science explains that if these cells are present, they help in the provision of various clinical benefits by increasing the regenerative process of your body when soft tissues get filled.

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