

SOP: JOINT ACHES AND PAINS

REDUCE JOINT DISCOMFORT AND IMPROVE MOBILITY



OVERVIEW

- **Definition:** Inflammation or discomfort in joints often exacerbated by menopause and reduced estrogen levels.
- **Target Audience:** Women over 40 experiencing persistent joint discomfort.



SIGNS & SYMPTOMS

- ✓ Stiff or achy joints, especially in the morning.
- ✓ Discomfort during or after exercise.
- ✓ Reduced range of motion.
- ✓ Swelling or tenderness in joints.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: ANTI-INFLAMMATORY NUTRITION

- **Sub-step 1:** Increase omega-3 fatty acids (e.g., salmon, flaxseed, Omega 3).
- **Sub-step 2:** Add anti-inflammatory spices (e.g., turmeric, ginger).
- **Sub-step 3:** Eliminate dairy, gluten, wheat. Test eggs, soy, and corn.

STEP 2: JOINT-FRIENDLY EXERCISE

- **Sub-step 1:** Focus on low-impact exercises (e.g., swimming, biking, walking).
- **Sub-step 2:** Include mobility exercises regularly.
- **Sub-step 3:** Slowly increase weight load in strength training.

STEP 3: SUPPLEMENT SUPPORT

- **Sub-step 1:** Consider collagen supplements.
- **Sub-step 2:** Consider glucosamine and chondroitin if appropriate.

STEP 4: RECOVERY STRATEGIES

- **Sub-step 1:** Include gentle stretching post-exercise.
- **Sub-step 2:** Use ice, sauna or other infrared, CBD, therapy as needed.



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Joint pain levels, mobility range, inflammation markers.
- **Recommended Tools/Apps:** Pain-tracking journal, wearable devices.
- **Frequency of Check-ins:** Bi-weekly.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client avoids movement due to fear of pain.
 - **Solution:** Educate on the benefits of activity for joint health.
- **Challenge 2:** Inconsistent supplementation.
 - **Solution:** Integrate supplements into daily routines.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Empathetic, supportive, and patient.
- **Key Phrases to Use:**
 - *"Movement is medicine for your joints."*
 - *"Consistency over intensity is the key."*
 - *"Motion is lotion."*



REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts, Flipping 50TV
- <https://www.tandfonline.com/doi/full/10.1080/13697137.2024.2380363#abstract>
- [https://pmc.ncbi.nlm.nih.gov/articles/PMC7494084/#:~:text=Fish%20oil%20supplementation%20for%2016,0.64\)%20\(Table%202\)](https://pmc.ncbi.nlm.nih.gov/articles/PMC7494084/#:~:text=Fish%20oil%20supplementation%20for%2016,0.64)%20(Table%202))



NEXT STEPS FOR PRACTITIONERS

- ☐ Reevaluate joint health plan every 4 weeks.
- ☐ Refer to a specialist if pain persists.



NOTES SECTION
