

Soothe Arthritis Pain

Approximately 43 million people in the United States suffer from some form of arthritis pain. The good news for these victims is that there are safe and effective ways to both minimize the discomfort and prevent further damage.

According to a publication from The Arthritis Foundation, Spas, Pools, and Arthritis, "Regular sessions in your hot tub helps keep joints moving. It restores and preserves strength and flexibility, and also protects your joints from further damage. Exercise can also improve a person's coordination, endurance, and the ability to perform daily tasks, and can lead to an enhanced sense of self-esteem and accomplishment."

"A hot tub fulfills the need perfectly . . . providing the warmth, massage, and buoyancy that is so necessary to the well-being of arthritis sufferers. The buoyancy of the water supports and lessens stress on the joints and encourages freer movement. Water exercises may even act as a resistance to help build muscle strength."