

Application of the Gyrotonic method in rheumatoid arthritis

Rheumatoid arthritis is a chronic systemic disease. This means that, being systemic, it can affect various parts of the body (the joints are the main affected by the disease) and that, to be chronic, you cannot get your cure, just your control. A therapeutic option in rheumatoid arthritis frames is the inclusion of Gyrotonic in routine patient.

Student Katia Nunes is a quality rescue example of life through the Gyrotonic method, and today we will tell you a little of her story. Follow:

"I did not know who had rheumatoid arthritis. Only in December 2014, the holiday season, when I 'caught' for the first time, was that I sought the help of a rheumatologist at the recommendation of orthopedists for which I had passed, thinking it was a problem he could solve.

I could not walk, sit, work. Everything hurt. And that was affecting not only my personal life as well as professional, because in some projects that realize how chemistry in my work, I need to load weight, and get much time sitting - what was already becoming impossible to do. I was running out of my basic functions of working and living well.

Both the rheumatologist as the orthopedist forbade me from doing any physical activity, not even water aerobics I could do because of the situation I was in my column: I was about developing a herniated disc. But they recommended me the Gyrotonic, saying it would be my best alternative.

The disease started attacking my spine and I arrived here [in the workshop] in mid-January, very badly. In my first class, I came 'doped' medicine to endure the pain. And just came with a request: that someone could fix me because I was not holding on to live that way and needed to get back to normal.

So uni treating rheumatologist to Gyrotonic classes with Susan a little ant work and the patience of a teacher today has evolved a lot. Suzana is highly technical with the movements with the body angles, has an eye for seeing all that we do and supports me a lot in this whole process. Thus, our classes have become physically and emotionally pleasurable!

Today I say I am the bearer of rheumatoid arthritis but do not feel it as much as before. Of course I still have a few moments of pain and also have some limitations yes, of course, but nothing compared to how I was when I came here earlier in the year.

The Gyrotonic is my time to recovery, health and well-being. The school days are the days when I do not feel pain! So I am extremely grateful to Suzana, because if it was not I would not be standing would not be walking, would not be working, would not be feeling good as I can feel today. And I know we will improve even more together! "

Its cause is unknown but it is known that autoimmune (i.e., the tissues are attacked by the body's own immune system) and affects between 0.5% and 1% of the adult population and about three times more women than men. A 2004 study showed that the incidence of RA in Brazil is 0.46%. People with a family history of rheumatoid arthritis are at higher risk of developing it due to a higher genetic predisposition.

The main symptoms are:

- Pain,
- Swelling,

Stiffness,

Inflammation in the synovial membranes and articular structures,

And, with the progression of the disease and the lack of adequate treatment, patients may develop inability to perform daily activities.

As the Gyrotonic can help the RA patient?

The physiotherapist and Gyrotonic SMT Dr. Fabiana Bernardes explains the relationship between the method, the disease and the recovery of the patient's quality of life:

"In rheumatoid arthritis is inflammation of the joints of the body, ie the inflamed synovium, becoming thick: with this, the volume is increased and fails to produce synovial fluid to produce an inflammatory liquid that destroys the cartilage covering the joint, damaging its function, limiting its range and causing pain to the patient.

Often, people with such problems prevent the movement because of the pain. However, this attitude could worsen the picture to the failure of the joint, and bring more suffering. During treatment, the exercise becomes a great ally and the Gyrotonic, whose first circular movement, brings exercises that will gently moving the joint, stretching, strengthening, lubricating, creating space and rehabilitating delicately their function, besides strengthening the musculature as a whole. So the muscles can perform well its function to protect and stabilize these joints. "