



# Best Arthritis treatment in Kolhapur

Arthritis is a general term for more than 100 different diseases that cause pain and stiffness in joints. The most common form of arthritis is osteoarthritis, which is caused by the wear and tear of cartilage and other tissues in the body.

The



depends on the type of arthritis. There are many treatments available for it such as:

- Diet changes
- Exercise
- Medications
- Acupuncture
- Massage therapy

best physiotherapist in Kolhapur

Physical therapy in Kolhapur

Arthritis treatment in Kolhapur