



Winter Care Tips for Your Bones

They say the deep freeze gets right into your **bones**, and numerous people with common problems similar to **osteoarthritis** find their symptoms worsen at this time of time. “ Cold rainfall, dropped atmospheric pressure and dry air can make a lot of effects hurt more.



Calcium:

Keep your **bones strong** this winter by packing your diet with healthy calcium-containing foods. Milk and yogurt are of course the natural choices, but there are lots of vegetable sources too, from leafy greens to oranges. If you do not feel your diet is furnishing you with an acceptable force of **calcium**.

Comfortable feet:

What you wear on your feet is twice as important at this time of time. Given the eventuality of icy pavements, falls are more common, and numerous **arthritis victims** report worsening symptoms in winter. Immaculately, wear flat, probative, rubber-soled shoes or thrills and, if it's particularly frosty out, invest in a brace of snow grips you can attach to the soles for increased traction. [Reach out to the bone specialist in Indore.](#)

Heat and warmth:

Do not forget the thermals and wrap them up well in layers to keep your core warm. Quilted-down jackets and coats tend to make for the warmest outerwear. Look for the most snug gloves and socks money can buy. However, splash out on some of those gel heat pads you can wear inside your gloves and pop in your thrills, If you still find you just can not toast up.

Supplements:

Study after study has a plant that the supplement constantly reduces common pain, plus it's **high in vitamin C**, which is essential for **good bone health**. As always, before starting any salutary supplement, check with your doctor if it's safe for you to take.

Exercise:

Frequent exercise is a must if you want to keep your joints supple and pain-free in winter. Light resistance training and low-impact exercises that don't put an overdue strain on the **joints** are stylish. Suppose swimming, routine walking – pavements can be unfaithful at this time of time, and tardy paced cycling on the exercise bike.

[Contact the **orthopedic doctor in Indore.**](#)