

JOINT PAIN



Joint pain is the uncomfortable feeling, aches and pains in any joint of the body. Sometimes, joint pain is a manifestation of a certain systemic disease or injury. The pain can affect one joint or several joints.

! Symptoms



Joint pain, stiffness and swelling.



Fatigue and discomfort.



Red, soft or warm in the area around the joint.



The appearance of tumors and lumps.



Fever of unknown origin.

Shield Prevention



Keep your body warm.



Have a healthy diet.



Exercise regularly.



Avoid heavy labor.



Consume good nutrients for joints.