

It's All in the Game

I know of people who walk with a limp from a sore hip or knee. When I ask if they use a cane, they say “Oh no, I’m not ready for that yet,” or “I don’t want to be seen with one now.” But when I ask them if, in 6 months, the pain gets bad enough, would they reconsider, they generally respond with “Yes, if I really have to, because then I won’t care what it looks like.”

Pain seems to be the motivating factor. Arthritis is a fact and our joints do get damaged from the wear and tear of living. Some arthritis sufferers try to ignore what is happening to them, and treat their disease as a game they have to win – something they have to fight against or defeat. They feel they are being lazy if they use a cane “too soon”. As though giving in is a failure.

The best way to win against arthritis is to play the “game” of prevention. Using a cane earlier can give you a break by protecting your sore hip or knee from overuse and thus prevent further damage. Being proactive means you learn to manage the disease rather than it manage you. When you accept the challenge of being creative in your approach, you become the most important player in the game.

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