

# CONSEILS POUR SOULAGER L'ARTHROSE

- Maintenir un poids sain
- Exercices réguliers
- Physiothérapie
- Semelles orthopédiques
- Alimentation anti-inflammatoire
- Applications chaudes/froides
- Injections d'acide hyaluronique
- Relaxation et méditation
- Éviter les mouvements répétitifs
- Aides à la mobilité
- cataplasmes d'argile verte
- Médication

# La Meilleure Facçedilon De Gueacuterir Larthrose Un Problegraveme Des Solutions

**SA Dillow**



**La Meilleure Facçedilon De Gueacuterir Larthrose Un Problegraveme Des Solutions:**

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