

## **World Arthritis Day 2025: Finding Relief with Dr. Jamey Reichow of Moon Valley Chiropractic**

October 12 marks *World Arthritis Day 2025*, a time to raise awareness about a condition that affects more than 58-million adults in the U.S. alone. In metro Phoenix, our dry climate can be a double-edged sword for joint pain sufferers. As we observe World Arthritis Day, it's a good reminder to explore all the tools available for joint health — and to consider how chiropractic care may be a key part of reclaiming comfort, activity, and quality of life. Arthritis — whether osteoarthritis, rheumatoid, or other inflammatory forms — can significantly impact lifestyle, limiting mobility and independence. For those searching for relief beyond medications, Dr. Jamey Reichow of Moon Valley Chiropractic has a sound reputation for helping local residents find lasting comfort through conscientious, personalized chiropractic care.

Research published in the *Journal of Manipulative and Physiological Therapeutics* (2010) found that chiropractic adjustments, especially when paired with exercise, significantly reduce pain and improve joint function in arthritis patients. By improving joint mobility and reducing nerve irritation, patients are empowered to move more freely and comfortably, often reducing their dependence on pain medications. While traditional treatments like medication and physical therapy have a place, a growing number of people are turning to chiropractic care as part of a holistic strategy to manage their pain and maintain joint function. Another 2022 review in *BMC Musculoskeletal Disorders* highlighted how spinal manipulation therapy can reduce chronic joint pain and inflammation markers — benefits that are especially relevant to arthritis sufferers.

Moon Valley Chiropractic takes a personalized approach to providing care. With more than two decades of experience, Dr. Reichow specializes in helping patients manage arthritis-related joint pain by improving spinal alignment, relieving nerve pressure, and restoring mobility. When dealing with the daily challenges of arthritis, chiropractic care offers a drug-free, non-invasive option that complements other treatments. Whether you're newly diagnosed or have been managing arthritis for years, Dr. Reichow and his team are ready to help you move with greater ease and live with less pain. Call the office at 602-298-0292 to schedule your appointment