

# Roncart®

Shark cartilage 450mg

*Listen to your Joints*



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Healthy Living, Naturally!

## What is articular cartilage degeneration?

Mechanical degeneration (wear and tear) of articular cartilage occurs with the progressive loss of the normal cartilage structure and function. This initial loss begins with cartilage softening then progresses to fragmentation.



## What is the function of chondrocytes?

Chondrocytes in the AC proliferate and secrete extracellular matrix to maintain and sustain the cartilage. The cells themselves are separated from each other by cartilage matrix. They respond to outside stimuli and tissue damage, and are also responsible for degenerative conditions, such as osteoarthritis (OA).

## What is cartilage degradation?

The progressive destruction of articular cartilage is one of the hallmarks of osteoarthritis and rheumatoid arthritis. Cartilage degradation is attributed to different classes of catabolic factors.



## What can be done for degenerative arthritis?

Degenerative arthritis can be successfully treated using one or a combination of non-surgical treatments, such as water therapy, exercise, pain medications, and chiropractic manipulation in order to maintain motion.

## How long does it take for articular cartilage to heal?

This continual motion supports good nourishment to the cartilage cells.” Most patients are able to return to some physical activity after six to eight weeks, but full recovery after cartilage repair surgery can take anywhere from three to six months.



## How do I heal my joints?

- Protect the joint with a brace or wrap.
- Rest the joint, avoiding any activities that cause you pain.
- Ice the joint for about 15 minutes, several times each day.
- Compress the joint using an elastic wrap.
- Elevate the joint above the level of your heart.





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