



## **Ex-professional Footballers Could Potentially Be Crippled With Osteoarthritis Later In Life**

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Orlando, FL? June 15, 2016? Sports such as football are extremely popular. This sport has already placed many athletes into the limelight. While being a footballer can bring many of life's blessings, it also has some undesirable consequences.

Ex-professional footballers could potentially be crippled with osteoarthritis later in life. Being a professional athlete of this sport enables some to enjoy a successful and lucrative career. It allows athletes to play the sport they love and get serious amounts of money at the same time.

Unfortunately when they retire, they become susceptible to painful knees and hips. There is a number of high-profile former players who have resorted to replacement surgeries in the hips or knees due to osteoarthritis.

There are three major factors that contribute to the development of osteoarthritis, and they are aging, obesity, and joint injury. Obese individuals tend to develop osteoarthritis due to the excess weight being placed on their weight-bearing joints, such as the knees.

Walking, running, and other physical activities negatively affect the joints. Eventually, the joint cartilage wears away, especially during the time of people's life when they undergo the aging process.

Joint injury is also a contributing factor. Athletes often spend hours of intense physical training for optimum performance. This places their knees under constant strain and more susceptible to injury.

In a new five-year study, the researchers tried to determine how common osteoarthritis is among ex-professional footballers than the general population.

The study was called Osteoarthritis Risk of Professional Footballers. It was conducted by the Arthritis research UK Centre for Sport Exercise and osteoarthritis, and was actually one of the biggest projects of the research centre.

Dr. Gwen Fernandes, a clinical biomechanist from the department of academic rheumatology, led the study, which was conducted at Nottingham University.

According to Dr. Fernandes, professional footballers seem to be more susceptible to arthritis due the intensity of the movements involved in the sports. The athletes are more likely to suffer from injuries during their playing careers.

The study will compare the prevalence of the condition among professional footballers and the normal population. The researchers are hoping to determine certain risk factors for knee osteoarthritis.

Today, more and more athletes are using natural supplements such as glucosamine to improve the health of their joint cartilage. Glucosamine is a naturally-occurring substance in the body that is believed to help repair cartilage damage.

This natural alternative is also thought to improve overall joint health. Glucosamine is not just popular among athletes but also individuals who suffer from arthritis (<http://amazon.com/Glucosamine-Sulfate-Supplement-2000mg-serving/dp/B0126ZF0B0>).

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## Divine Bounty

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