

# 46 Exercise Plr Articles

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Exercise and Arthritis Your bones hang out in a lot of joints. Knee joints. Hip joints. The joints in your fingers and the joints in your toes. Wherever bones meet, there is also cartilage, a rubbery, protective layer that ensures your joints bend smoothly and painlessly. But even cartilage cannot do this tremendous job alone. A thin membrane called the synovium provides fluid that lubricates the moving parts of the joint. When the cartilage wears out of the synovium becomes inflamed, the result is generally a case of osteoarthritis or rheumatoid arthritis. Tags: art, im, plr

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