



What Does Uric Acid in Joints Look Like?

by NEWLIFEOUTLOOK TEAM

What Uric Acid Does to Your Joint

Uric acid in the joint makes the tophus that occurs in the surrounding area. The tophus causes a lot of pain that prevents you from even walking around your work, let alone exercising. For exercising with gout, focus on areas that aren't associated with that tophus. If your gout tophus is located on your foot, there are a variety of weight machines that you can manipulate with just your upper body. Even performing dumbbell curls are a type of exercise that can improve your upper body strength and help you to lose weight.

