

Moving with Arthritis

Key to dealing with Arthritis – KEEP MOVING! Exercise is an essential part of a treatment plan for individuals with any type of arthritis



Even one session of mild activity, such as walking, can decrease stiffness and pain immediately

Regular physical activity, including aerobic, resistance, flexibility and neuromotor training will:



Reduce pain (often decrease need for pain medication)



Improve fitness (all aspects, such as aerobic fitness, or strength), and importantly, function



Improve balance



Improve sense of well-being



Improve sleep



Decrease stiffness

Classic signs and symptoms of arthritis – joint stiffness and pain



Tips:

If sitting for prolonged periods of time, get up and move regularly or at least move the stiff joints (eg – knees – walk or bend and straighten a few times)

If you have been inactive, you can start with walking and light resistance activity (leg strength helps develop support around the knee and hip)

Old adage is true – “Move it or lose it” – stopping activity leads to loss of joint range of motion, and increased pain and stiffness – so let’s **KEEP MOVING**