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Improve Your Arthritis Symptoms With Exercise

Participating in joint-friendly physical activity can improve pain, function, mood, and quality of life for those with arthritis.

Muscle-Strengthening Exercises

- Some things you can do to strengthen your muscles are resistance band exercises, yoga, and lifting weights.
- These can be done at home, in an exercise class, or in a gym.

Low-Impact Aerobic Activities

- Exercises that do not put stress on the joints are recommended. These include walking, cycling, swimming, and dancing.
- To receive the most health benefits, the American Heart Association recommends 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week.

Source: arthritis.org.
Benefits of Exercise for Osteoarthritis.
<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/benefits-of-exercise-for-osteoarthritis>.
Accessed 03/01/2022.



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Please check with your health care provider before starting a new exercise regimen.

Balance Exercises

- Balance exercises are extra important for individuals who are at risk of falling or who may have trouble walking.
- Some balance exercises include standing on one foot and tai chi.

Flexibility Exercises

- Flexibility exercises are important for individuals who have stiffness in their joints.
- Doing daily flexibility exercises helps maintain your range of motion so you can perform everyday tasks.

Tips for Exercising with Arthritis

- **It is important to pace yourself and not do too much too quickly**, especially if you are just starting out. Increasing your exercise slowly can help prevent injuries and can help you stick with a routine.
- **Be aware of your discomfort.** Some discomfort is normal when doing physical activity, but it should not be excessive. Discomfort should be about a 2 on a scale from 1 to 10.
- **Make modifications when necessary.** One example is doing an exercise sitting instead of standing, especially on days when you experience more pain. Some other modifications could be wearing gloves or using tape to make equipment easier to grip.



Sources:

- arthritis.org. Staying Fit with Arthritis. <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/staying-fit-with-arthritis>. Accessed 02/14/2022.
- healthline.com. Skip the Running: Alternatives to High-Impact Exercises. <https://www.healthline.com/health/osteoarthritis/knee/alternatives-to-high-impact-exercises>. Accessed 02/24/2022.
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