



ARTHRITIS & EXERCISE

What is Arthritis?

"Arthritis is a condition that affects the joints in the body. Arthritis can affect nearly every joint in the body and sometimes different parts of the joint. Symptoms can include: pain, stiffness and swelling in one or more joints."





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What are the different types of Arthritis?

- Osteoarthritis (most common)
- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Psoriatic Arthritis
- Juvenile Arthritis
- Gout

Exercise Benefits

- Manage arthritis symptoms
- Strengthen bones and muscles
- Decrease fatigue
- Manage comorbidities of arthritis
- Manage obesity
- Increase stamina
- Increase muscle flexibility
- Improve overall quality of life
- Improve mobility
- Promote mental health

General Exercise Recommendations

- Resistance Training
- Aerobic Exercise
- Hydrotherapy
- Flexibility/Mobility



When starting an exercise program, it is important to start with low intensity and low duration.