

Today we will discuss

- Arthritis Myths
- Risk factors associated with arthritis
- Relationship between weight, physical activity and arthritis
- Recommended physical activity for people with arthritis
- Tips for safe physical activity
- Arthritis Foundation programs and resources

Understanding Arthritis

- Arthritis: “arth”= joint; “itis” = inflammation
- #1 cause of disability in the United States
- 43 million or 1 in 5 Americans have doctor-diagnosed arthritis
- Common types of arthritis:
 - Osteoarthritis (21 million)
 - Rheumatoid Arthritis (2.1 million)
 - Juvenile Arthritis (300,000)

Myth or Fact?

- Is arthritis only an older person’s disease?
- Is arthritis a normal part of aging?
- Will physical activity make arthritis worse?
- Will physical activity cause arthritis?

Facts

- Arthritis affects people of all ages.
- Arthritis is not a normal part of aging process.
- Physical activity helps in minimizing pain and stiffness in joints.
- Moderate physical activity can reduce your risk for arthritis.



Juvenile Rheumatoid Arthritis



Rheumatoid Arthritis



Osteoarthritis

Who is at risk?

<p>Risk factors you cannot control:</p> <ul style="list-style-type: none"> • Age 65 + • Female • Genetic/Family history 	<p>Risk factors you can control:</p> <ul style="list-style-type: none"> ▪ Excess weight ▪ Joint injuries <ul style="list-style-type: none"> ▪ Sports ▪ Occupation ▪ Uncontrolled inflammatory arthritis
--	---

Weight and Arthritis

- Weight gain increases:
 - Risk of osteoarthritis –even a 2 pound increase
 - Knee, hip and back pain
 - Disability
- Weight loss decreases:
 - Risk of developing osteoarthritis in your knees
 - Knee pain in half for obese people with arthritis
 - Pain and limitation of existing OA

Physical Activity and Arthritis
You Can Do It!



Physical Activity and Arthritis



Physical Activity and Arthritis
You Can Do It!



Putting it all together

- Physical activity will
 - ✓ Promote weight loss
 - ✓ Reduce pain and disability
 - ✓ Be beneficial for health and well being
- Weight loss will
 - ✓ Reduce risk of osteoarthritis or slow progression of arthritis
 - ✓ Decrease pain and disability associated with arthritis

Physical Activity and Arthritis
You Can Do It!



Before starting...

- Consult your healthcare provider if you have:
 - Been physically inactive
 - Severe arthritis or joint-problems
 - Other serious conditions such as uncontrolled heart disease, diabetes, or high blood pressure



Physical Activity and Arthritis
You Can Do It!



What physical activity should I do?

- What types?
- How hard?
- How often?
- How long?



Physical Activity and Arthritis
You Can Do It!



What types of physical activity?

- Stretching/Range-of-motion
- Strengthening
- Aerobic Conditioning/Endurance
- Balance



Physical Activity and Arthritis
You Can Do It!



What types?

- High-impact
 - Carrying heavy loads, soccer, tennis, basketball, football
 - * High impact is not recommended for people with arthritis
- Low-impact
 - Walking, cycling, swimming
 - * Recommended by the Arthritis Foundation

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

How hard?

Moderate intensity physical activity results in:

- Moderate increase in breathing
- Moderate increase in heart rate
- Light perspiration or sweating
- Talk Test

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

How hard?

Vigorous intensity physical activity results in:

- Rapid breathing
- Increased heart rate
- Heavy sweating

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

How often? How long?

Recommendations for people with arthritis:

- 30 minutes of moderate activity at least 3 days per week
- 10 minutes segments



Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

Safety Tips

- Always warm up and cool down
- Use proper technique
- Choose appropriate time
- Avoid activity on a full stomach
- Wear comfortable clothes and properly fitted walking/running shoes with cushion
- Consider classes or coaching

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

Safety Tips

- Start low, Go slow!
 - Begin low impact activity 1-2 times per week.
 - Increase slowly,
 - week 1: walk for 10 minutes
 - week 2: walk for 15 minutes
 - week 3: walk for 20 minutes
 - Choose a comfortable pace.

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help!

Safety Tips

Listen to Your Body!

- Level of pain or discomfort
- Fatigue/energy level
- Two-hour pain rule
- Joint stiffness

Physical Activity
and Arthritis

You Can Do It!



Safety Tips

- Pain, aching and stiffness increases temporarily? Modify, do not stop
- Regular physical activity improves pain and stiffness, helps you to sleep better and gives a noticeable boost of energy



Physical Activity
and Arthritis

You Can Do It!



On a flare day...

- Use alternate activities
- Do very low-impact activities
- Exercise for briefer periods
- Listen carefully to your body
- Take pain medication before you start your activity

Physical Activity
and Arthritis

You Can Do It!



Signs of overdoing it

Call your health care provider if you have:

- Chest pain or heart palpitations
- Severe shortness of breath
- Dizziness
- Nausea
- Weakness, numbness, or tingling
- Prolonged pain, aching, and joint swelling
- Excessive fatigue

Physical Activity
and Arthritis

You Can Do It!



Are You Ready?

- **Never**—I have never thought about beginning physical activity
- **Someday**—I have seriously thought about beginning physical activity in the next 6 months
- **Soon**—I plan to be physically active in the next month
- **Now**—I have been physically active, at least 3x/week, for 30 min/day, for six months
- **Forever**—I am currently physically active and have been for more than 6 months

Physical Activity
and Arthritis

You Can Do It!



Next Steps

- If you are '**Never**'
 - ✓ Start thinking about benefits
 - ✓ Increase your knowledge
 - ✓ List pros and cons
- If you are '**Someday**'
 - ✓ Write a plan
 - ✓ Seek out help
 - ✓ Research type of activity and resources



Physical Activity
and Arthritis

You Can Do It!



Next Steps

- If you are **'Soon'**
 - ✓ Build confidence by starting slow
 - ✓ Re-evaluate and address barriers
 - ✓ Make incremental goals
 - ✓ Join friends/walking clubs
- If you are **'Now'**
 - ✓ Anticipate long-term barriers
 - ✓ Explore new options
 - ✓ Check your progress
 - ✓ Challenge yourself with web site goals
 - ✓ Reward yourself for making your goals!

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help.

Next Steps

- If you are **'Forever'**
 - ✓ Prevent boredom and increase enjoyment
 - ✓ Prepare for things that may derail your plan
 - ✓ Develop confidence that you can start again even in the face of obstacles

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help.

What to take for arthritis pain?



Take a walk. A bike ride. A swim. Studies show that 30 minutes of moderate physical activity three or more days a week can reduce pain and help you move more easily. 30 minutes at once or two 15-minute, 15- to 20-minute or four 10-minute walks. To make it fun, invite a friend or family member to join you, walk with it, and in just four to six weeks you could be feeling brand-new feeling better.

Physical Activity: The Arthritis Pain Reliever.
Call 1-800-283-7800 to learn more.

A National Health Education Program of the Arthritis Foundation, the Department of Health & Human Services

Arthritis Foundation Programs

- ✓ Arthritis Foundation Aquatic Program
- ✓ Arthritis Foundation Exercise Program
- ✓ Arthritis Foundation Self-Help Program
- ✓ Tai-Chi
- ✓ Walk With Ease
- ✓ Arthritis Basic Course (self-help home study)


  

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help.

Physical Activity and Arthritis

You Can Do It!



ARTHRITIS FOUNDATION
Take Control. We Can Help.



Pedometers are an inexpensive way to track your physical activity

Resources to make your walk FUN!

- www.aarp.org
- www.acsm.org
- www.walksport.com
- www.presidentialchallenge.org
- www.ava.org

Physical Activity and Arthritis
You Can Do It!

ARTHRITIS FOUNDATION
Take Control. We Can Help.

Local and Internet Resources

Arthritis Foundation

- www.arthritis.org (1-800-568-4045)
 - Books
 - Videos & audio
 - Brochures
 - *Arthritis Today* magazine

Other

- <http://www.cdc.gov/arthritis/index.htm>
- <http://www.niams.nih.gov/>

Physical Activity
and Arthritis
You Can Do It!

ARTHRITIS
FOUNDATION
Take Control. We Can Help.

THANK YOU
QUESTIONS?

Physical Activity
and Arthritis
You Can Do It!

ARTHRITIS
FOUNDATION
Take Control. We Can Help.