

Living with Arthritis

Arthritis Facts



- Arthritis is inflammation and degeneration of joint surface and cartilage
- Affects 1 in 4 Adults in the U.S.
- Common types of arthritis include osteoarthritis and rheumatoid arthritis
- 1 in 4 individuals with arthritis report severe joint pain (7 or higher out of 10)
- Severe joint pain is more common among adults who have other chronic conditions such as diabetes, heart disease, obesity and other disabilities.

Risk Factors



Age



Previous Injury



Obesity



Sedentary Lifestyle



Family History



Sex



Smoking

Symptoms



Joint Pain



Joint Swelling



Morning Stiffness

What you can do!

1. Exercise regularly

Cardiovascular

- 30 min / day
- 150 min / week
- Low-impact
- Moderate Intensity



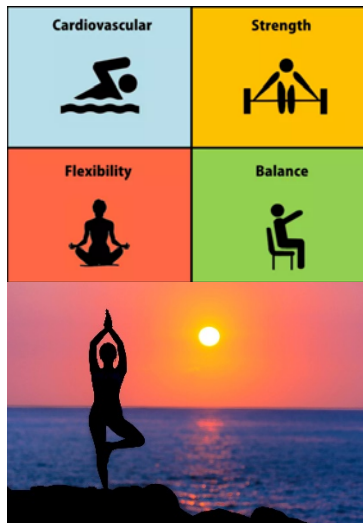
Strength

- 2-3 days / week
- Avoid exercising same muscles two days in a row
- Rest 1-2 days between workouts



Flexibility

- Daily stretching exercises
- Hold stretches for 20-30 seconds



Balance

- Practice daily
- Incorporate into your regular activities

2. Watch what you eat

Reduce your body weight by 10% to decrease stress on your joints

Reduce your blood cholesterol

Get more Vitamin D

3. Protect your joints

Improve your posture and alignment when you sit, move and walk

Be careful when you lift objects and avoid repetitive movement

Use a cane or walker if needed

4. Be mindful

You are in control of your health and lifestyle

Reduce stress

Focus on improving your mood

Communicate with your family and doctors

5. Talk to your Doctor or Physical Therapist