

EXERCISE AND ARTHRITIS

Jacob Dickson, Personal Fitness Trainer

Important Facts:

The Arthritis Foundation has 6 guidelines for exercising for arthritis:

1) Consult with a physician 2) Begin at a safe and comfortable intensity, increasing gradually as your body adapts 3) Allow sufficient rest between exercise bouts (as much as needed) 4) Exercise at least twice per day 5) Develop a structured plan for exercising daily, and stick to it as consistently as possible 6) All other factors being equal, exercise at a time of day when you experience the least joint discomfort.



Benefits of Exercise:

Flexibility training 1) uses the full range of motion of the joints, stimulating the manufacture of synovial fluid, which lubricates the joint space; 2) moves lymph fluid to reduce overall swelling; and 3) delivers oxygen and nutrients to the joint tissue, facilitating healing.

Strength training helps you to overcome strength deficits that can result from arthritis. A comprehensive resistance training routine also ensures that you move your various joints through their full range of motion, keeping joint stiffness at bay.

Aerobic Training helps to combat fatigue, maintain mobility, and may even serve to delay the onset of arthritis.