

“Living With Arthritis”

Long-term Arthritis Treatment

Walking
Biking
Swimming
Ellipticals
Treadmill
Hiking (poles)

“Motion is the
lotion”

Continue low
impact activities

High impact
- Running
- Jumping

Repetitive (deep)
- Kneeling
- Squatting
- Lunging

Avoid these
activities

Weight loss
or
Maintain healthy
body weight

goal BMI 25-30

“5x your body
weight with every
step”

Body weight

1. Stabilize joint
– natural brace
2. Shock absorber
– dampen impact

2-3 times/week

- Knee – quads, hamstrings
- Hip – abductors, gluteals, core

Strengthening
exercises

Goal is to maintain a healthy joint, and prevent further damage and injury