

Arthritis Answers Podcast #2

Get Ready to Move with Arthritis: Things to Know Before You Lace Up Your Sneakers

Show Summary

If you've had trouble exercising because of pain or uncertainty about how to get started, it doesn't have to be that way. The key to exercising with arthritis is to do the right exercise for you, in the right way, at the right time. We're here this week to get you going down that path.

Show Outline

Welcome

Arthritis Answers Podcast

Mission: To bring you evidence-based information related to arthritis and rehabilitation.

Organization: The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT)

Located at Boston University's College of Health and Rehabilitation Sciences: Sargent College.

Mission: "To enhance the lives of people with arthritis through research, training and community-based activities. ENACT strives to change the paradigm for arthritis research and intervention from a focus on disease and limitation to a focus that emphasizes active living and participation."

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What to do if you have another condition that may affect your ability to exercise

Certain problems may need special monitoring, have restrictions, or need modifications.

Talk to your doctor!

Physical therapists are health professionals with expertise in developing programs for people with many chronic conditions. A physical therapist may be able to help you develop an appropriate exercise plan if you have multiple health concerns.

Resource: [American Physical Therapy Association: Physical therapy and physical activity](#)

What to wear when exercising

Clothing: comfortable, breathable

Good shoes: important to prevent pain. Components: cushioning, laces, back, good fit, even soles

Resources: [Arthritis Research UK- Detailed Footwear Guide](#)

[Arthritis Foundation- How to check shoe fit](#)

[Arthritis Foundation- Foot Care](#)

Exercise shouldn't hurt.

The right amount and type of exercise shouldn't cause joint pain.

Exercise may be uncomfortable initially, but shouldn't cause huge increases in pain.

Ways to decrease pain: do less in one session, do different exercises, or pace your activities, alternate standing and seated exercises.

How to track exercise.

Exercise logs- online or on paper

Pedometers for walkers- tell you how many steps you've taken.

Goal for pedometer intensity: 100 steps per minute.

Best way to use: put on for exercise.

Resources: [Arthritis Foundation- Online movement tracker](#)

[American Heart Association- Online walking tracker](#)

[Centers for Disease Control- Printable exercise log](#)

[Arthritis Today- Printable exercise log](#)

[Arthritis Today- What to look for in a pedometer](#)

Any exercise is better than no exercise.

As you increase time spent doing physical activity, day-to-day functioning improves at a similar rate.

Going from totally inactive to some exercise every week has strong benefits.

"Some is good, more is better."

Preview of next podcast: Reviewing guidelines for exercise

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[ENACT on Facebook](#)

[ENACT Exercise Resources](#)

[ENACT Mailing List/Newsletter](#)

Additional Resources

[Arthritis Foundation- Types of exercise](#)

[Centers for Disease Control- Arthritis exercise programs](#)

[Arthritis Foundation- Free fitness brochures](#)

[Arthritis Foundation- Online exercise guides](#)

[Arthritis Today- Stretching/Flexibility](#)

[Arthritis Foundation- Basic stretching program \(8 minutes\)](#)

[National Institute on Aging- Home balance, strength, and flexibility exercises](#)

[American Orthopaedic Society for Sports Medicine-Twenty exercises for people with arthritis \(strength and stretching\)](#)

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