

Arthritis Answers Podcast #3

Guidelines 101: What to do, how much to do, and how hard to work when exercising with arthritis.

Show Summary

If you want to start exercising but aren't sure what to do, we're here to help. This week, we're giving you the information you need about how much and what type of exercise to do. We've reviewed 4 major exercise guidelines and summarized the important parts for you. We also address some frequent questions and concerns regarding guidelines.

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."

Host: Karen Jacobs, EdD, OTR/L, CPE, FAOTA. Clinical Professor of Occupational Therapy at Boston University.

Producer/host: Sara Crandall, candidate for Doctor of Physical Therapy degree at Boston University

Faculty mentor and co-author: Julie J. Keysor, PT, PhD

Guidelines for aerobic exercise

What counts: walking, cycling, swimming, gentle aerobics/water aerobics, yoga, tai chi, dancing, doubles tennis – all low impact, increase heart rate

How often/how long: 150 minutes/week

How hard: moderate intensity- increase breathing and heart rate, some sweating

Guidelines: [Centers for Disease Control Arthritis Activity Guidelines](#)

Arthritis Foundation Activity Guidelines

American College of Sports Medicine Activity Guidelines

US Department of Health and Human Services- Physical Activity Guidelines

US Department of Health and Human Services- Physical Activity Guidelines Advisory Committee Considerations

Resource: American Heart Association- Start Walking Now Guidelines for flexibility (stretching) exercise

What counts: stretch before or after exercise, yoga or tai chi

How often/how long: Daily. 30 seconds per stretch. Arms, legs & trunk.

How hard: Until muscle feels tension, with no pain in joints.

Resources: Arthritis Today- Stretching/Flexibility

Arthritis Foundation- Basic stretching program (8 minutes)

Arthritis Today- Leg stretches for walkers

Guidelines for balance exercise (Centers for Disease Control)

3 days per week. Can be incorporated into strength/flexibility exercises.

Resource: National Institute on Aging- Home balance, strength, and flexibility exercises

Guidelines for strength training

What counts: Exercises with various weights, machines, bands, or with body weight.

How often/how long: 2 days per week, 8-10 exercises per session. 8-12 repetitions, 2-3 times.

How hard: Stress the muscles, not the joints (shouldn't cause joint pain)

Resources: American College of Sports Medicine- Guidelines for using weights

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

Muscle groups to stretch and strengthen

10 'major muscle groups': chest muscles, shoulder muscles, muscles that bend and straighten the elbow (biceps/triceps), buttocks muscles, muscles that bend and straighten the knee (hamstrings/quads), calves, back muscles, stomach muscles (abdominals).

Postural muscles.

Muscles around the painful joint, the joint above, and the joint below.

Preview of next podcast: Finding the time for exercise

Contact Information

Email: enact@bu.edu

Phone: 617-353-2384, Toll Free: 866-269-1027

[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](#)

Acknowledgements: A special thank you to the following reviewers of this podcast: Kristin Baker, Jean Peteet, Kristen Stivers, Dan White, and project advisor Julie Keysor. Without your feedback and expertise, this podcast would not be possible.

References

American Geriatrics Society Panel on Exercise and Osteoarthritis. Exercise Prescription for Older Adults With Osteoarthritis Pain: Consensus Practice Recommendations. *J Am Geriatr Soc.* 2001;49(6): 808-23.

Arthritis Foundation. Exercise Recommendations For Adults with Osteoarthritis. 2011. Available at:

<http://www.fightarthritispain.org/index.asp?L1=6>

Centers for Disease Control and Prevention. Physical Activity and Arthritis. 2010. Available at: http://www.cdc.gov/arthritis/pa_overview.htm

Chodzko-Zajko WJ, Proctor DN, Fiatarone Singh M, et al. American College of Sports Medicine position stand. Exercise and physical activity for older adults. *Med Sci Sports Exerc.* 2009;41(7):1510-30.

Dunlop DD, Song J, Semanik P, Sharma L, Chang RW. Physical activity levels and functional performance in the osteoarthritis initiative: a graded relationship. *Arthritis Rheum.* 2011;63(1):127-36.

US Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. 2008. Available at:

<http://www.health.gov/paguidelines/guidelines/default.aspx#toc> . Accessed November 16, 2011.

Zhang W, Moskowitz RW, Nuki G, et al. OARSI recommendations for the management of hip and knee osteoarthritis, part I: critical appraisal of existing treatment guidelines and systematic review of current research evidence. *Osteoarthritis Cartilage.* 2007;15(9):981-1000.

Zhang W, Moskowitz RW, Nuki G, et al. OARSI recommendations for the management of hip and knee osteoarthritis, Part II: OARSI evidence-based, expert consensus guidelines. *Osteoarthritis Cartilage*. 2008;16(2):137-62.

Zhang W, Nuki G, Moskowitz RW, et al. OARSI recommendations for the management of hip and knee osteoarthritis: part III: Changes in evidence following systematic cumulative update of research published through January 2009. *Osteoarthritis Cartilage*. 2010;18(4):476-99.