

## ***Active Living with Arthritis Podcast #12***

### **Beyond Walking and Strengthening: Tai Chi, Yoga, and Water Aerobics**

#### **Key Points and References**

##### CDC Exercise Recommendations

- 150 minutes of moderate aerobic exercise per week
- At least two days of muscle strengthening, targeting major muscle groups, like thighs and abdominal muscles

##### Tai Chi

- Incorporates balance and strengthening
- Can improve pain and physical function
- Ideal program: 60 minutes, twice a week, for at least 12 weeks
- Some positions may not be appropriate for people with arthritis-- speak to your Tai Chi instructor or physical therapist to modify positions so that your joints are safe

##### Yoga

- Can decrease pain and improve physical function
- Best research shows some benefit from daily yoga sessions
- Some positions may not be appropriate for people with arthritis-- speak to your yoga instructor or physical therapist to modify positions so that your joints are safe

##### Water Aerobics

- Especially helpful for those who cannot tolerate more than 10 minutes of exercise on land, and people with joint malalignment
  - exercising in water unloads the joints
- Can improve strength and endurance, and help manage weight
- May improve pain symptoms right after performing this exercise

##### Comparisons

- Walking and strengthening have been studied most, and we KNOW that these can help people with arthritis

- Tai Chi, yoga, and water aerobics have not been studied as much, so we are not entirely sure of their effects for people with arthritis
- Trends suggest that Tai Chi and yoga can help decrease pain and improve physical function
- Trends suggest that water aerobics have similar benefits to land-based exercise

### Online Resources

Arthritis Foundation Tai Chi Program: <http://www.arthritis.org/tai-chi.php>

- order a DVD for home use
- find a local Tai Chi class:
  - go to the website, click “find local programs”
  - type in your zip code or click on your state to find the nearest local center
  - click on the center to be taken to their home page
  - click on “programs” in the upper left hand side of the page
  - download the excel or PDF file and locate the section for Tai Chi classes
    - you can also find other classes and group exercise programs on this document

### Videos

- Tai Chi Video with Dr. Lam:  
[http://www.youtube.com/watch?v=SvN8oawFIXI&playnext=1&list=PLD83803C8EE67C67F&feature=results\\_video](http://www.youtube.com/watch?v=SvN8oawFIXI&playnext=1&list=PLD83803C8EE67C67F&feature=results_video)
- Tai Chi for Arthritis: 12 lessons from Dr. Lam - developer of the Arthritis Foundation’s Tai Chi Program:  
<http://www.youtube.com/watch?v=SvN8oawFIXI>
- Yoga for Knee Arthritis:  
<http://www.youtube.com/watch?v=PqD7GngHiOo>
- Yoga for Hip Arthritis:  
<http://www.youtube.com/watch?v=mNO1FHx9qmw>

## Yoga for Arthritis: Guidelines and Cautions:

<http://www.eldr.com/article/fitness/yoga-arthritis-guidelines-and-cautions>

- Overview of ways to modify different poses as well as things to keep in mind when practicing yoga with arthritis

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