



ARTHRITIS

FACT SHEET

Arthritis is the swelling and tenderness of one or more joints. Symptoms include joint pain and stiffness, which typically worsen with age. Whilst there are many types of arthritis, the most common types include osteoarthritis (OA) and rheumatoid arthritis (RA).

- OA is caused by cartilage (the slippery tissue/protective layer that covers the end of bones to form a joint) to break down. It usually occurs in the hands, spine, hips and knees.
- RA is an autoimmune disease where the immune system attacks the the lining of the joints. RA usually affects the hands, knees or ankles.

RISKS OF ARTHRITIS

Untreated arthritis can add to the degradation of the structures in and around the joint, leading to more and more pain and a loss of function. The good news is, exercise can help!

REASONS TO EXERCISE

Exercise helps to reduce symptoms of arthritis by increasing muscle strength. Weak muscles place more stress on joints, so by strengthening supporting muscles, muscles become stronger, bones become supported and less pressure is placed on the joints.

FUN FACTS:

There are more than 100 different types of arthritis and research has found that exercise is one of the most effective ways to manage arthritis.

BENEFITS OF EXERCISE

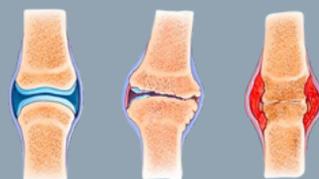
- ✓ strengthen muscles around joints
- ✓ Improve joint range of motion
- ✓ Maintain bone strength
- ✓ Help manage pain
- ✓ Help with weight management

DID YOU KNOW

Physical activity provides an important role in the management of arthritis!

When arthritis tries to slow you down, exercise can keep you moving!

SCEP offers structured and highly individualised exercise sessions and exercise programs for those with arthritis.



BOOK NOW!

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