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Arthritis Hates These 3 Exercise Methods

By: [Bob Alter](#)

Exercise and arthritis are two bad boys that don't like each other. Exercise has a way of moving arthritis deposits that are hanging around your joints. As difficult as it may sound, starting some form of exercise program will help you with that arthritis pain you are experiencing. People with rheumatoid arthritis also find a way to exercise to help them take control over their body. We try to focus on blood flow throughout our body and to increase that blood flow you need to exercise.

All of us with joint or arthritis pain have good days and bad days. Sometimes your joints just freeze up and the pain is unbearable. The days you feel better are the days you need to focus on your exercise program. Heck there are days that I don't feel like tackling my arthritis pain but I do, because I know exercise and arthritis don't like each other. That blood flow has a way of taking the pain away and it is such a mental boost, because I know the exercises I am doing will benefit way more than my arthritis pain.

WARNING

It doesn't matter if you have arthritis or not, everyone who is starting an exercise program should consult their health care provider/doctor first.

Never be afraid to ask people about some of the exercises they do for their arthritis pain and never be afraid to give it a try. Unless it's so darn hard you might hurt yourself. Each area of the exercise model should be used on a weekly basis.

The 3 main components to exercise and arthritis are:

- **Range of Motion** (Flexibility)
- **Resistance** (Strength)
- **Endurance** (Cardiovascular)

I'd be shocked if your doctor or health care provider would not agree that working on your range of motion, strength and cardiovascular exercises is beneficial. Because they are around arthritis so much they might have learned a few tips they can share with you about exercising with arthritis. You might also want to ask them for recommendations of exercise therapists, personal trainers or physical therapists who have experience with arthritis patients.

Exercise and arthritis in greater details

Range of Motion is a fancy word used in the medical profession to describe flexibility. Arthritis has a way of freezing up your joints so trying to gain greater flexibility is a

must. Beating arthritis pain will require doing the things arthritis tries to keep you from. The less you move your joints the better arthritis can take over your joints. If you want to beat arthritis then you should start with a good flexibility program.

Mornings are a tough time to get up, especially if you have a lot of pain. Our muscles have not been used in 6-8 hours and they do get stiff just like our joints. You have probably experienced that awful feeling trying to get out of bed and walking to the bathroom. It's no fun so what you might want to consider is doing some stretching exercises before you even get out of bed. Something as simple as pulling your knees to your chest can greatly increase your chances of getting out of bed without much arthritis pain. This same movement will also help your hips and stretching your arms above your head is a very simple exercise for arthritis.

My mom loves to sit on the edge of the bed just bending over her knees and letting her arms hang down to the floor. This is beneficial for her back, legs, shoulders and wrists. Something else you can do while sitting on the edge of the bed is trying to straighten your legs out and lift them up. Doing this several times will help the blood flow throughout your body which is something we all need before we get out of bed.

If you are lucky enough to own a hot tub, then you should be in that thing as often as you can. Getting out of bed and into that hot tub is a great way to stretch your body. However, if you don't want to do that, then whenever you get into the hot tub you should seriously consider doing your stretching exercises.

Any type of bending and stretching is a very good exercise for arthritis. A key teaching point to remember is to hold your stretch and don't bounce, it is not good for your muscles. Instead move slowly until you cannot stretch anymore and hold it for 10 to 15 seconds. After you stretch relax for a few more seconds and give it another try. You'll be surprised at how much further you can stretch. Also, I have found that I can stretch farther after lunch than the early morning.

Stretching your hamstring is really good for your lower back and it really helps those people who have lower back pains. Just remember before you do any type of exercises, stretching is the critical first step. Daily stretching routines are most beneficial and it really does prepare your body for the other exercises you are going to do. If you are having a painful day, stretching might be the only thing you can accomplish, but don't make it a habit. You need both cardiovascular and strength exercises to help combat arthritis pain and arthritis symptoms.

Strengthening exercises is also called resistance exercises. Any type of resistance, including gravity is beneficial. Push ups, sit ups, squats and pull-ups are excellent ways to build muscle strength, without having to pay for a health club membership. Other forms of resistance exercises include riding bicycles, walking up steps and pushing a lawn mower. Be creative and you will surprise yourself at what you can accomplish without the worries of monthly membership fees to a health club. Like I have stated many times already, blood flow is critical and these types of strengthening exercises work well.

Another benefit you will realize from strengthening exercises is the muscles around your joints will become stronger and support it your joints much better.

Resistance exercises are what you are looking for. Riding a bicycle is a good resistance exercise. That constant pushing against the pedal will begin to build muscles around your knee joints and many other places. If your knees are bothering you and you have access to a stationary bike, try this.

The cardio exercises that are extremely beneficial for arthritis pain are: walking, biking, swimming. We like to do a lot of walking in water with athletes who are coming off surgeries and progress them to walking on land and biking. If you can try to walk faster than normal for 10 to 15 minutes you will be surprised at how fast you will tire. That constant resistance is draining but it will build up your cardiovascular endurance. As you know, cardio exercises are also beneficial to your circulatory system (heart/lungs).

If you have a great deal of arthritis pain in your lower body you might want to consider removing the seat on a stationary bike and peddling with your hands and arms. You can sit on the floor behind the seat and try to peddle at a constant speed for a few minutes and then stopping to dial it up tighter for greater resistance. By tightening up the resistance you will accomplish a two-fold process of endurance and strength.

We have this very steep and long hill nestled behind our little town. I know every time I reach the top of that hill my back stops hurting. Not exactly sure but I do believe it is related to the increased blood flow through my body. I like because I can get a great workout in less than 30 minutes. What's funny is no matter how much my lower back or knees hurt, a third of the way up the hill, everything feels great.

One last thing I should mention is the fact that I do supplement all my meals with vitamins, minerals and other products that target arthritis pain.

The following are my personal favorite exercises for arthritis:

- Walking up hills
- General walking around town or countryside
- Riding my bike
- Cutting the lawn with a push mower
- Walking and swimming in pools
- Pitching batting practice to my baseball teams
- Hitting fundos to my baseball teams

If you are a person who is fighting arthritis, please do not allow this to beat you. Get tough, take action and build a positive self image of yourself.

Make it a pain free week.

Learn more about [exercise and arthritis](#) as well as living with arthritis by visiting [healthy arthritis treatments](#) and make sure you get our free report on the 7 best ingredients found in all arthritis products.

Does Running Cause Arthritis?

By: [Dr Marybeth Crane](#)

Is it a foregone conclusion, that if you run for years, you will have arthritis? Many of my patients are concerned that the aches and pains that are inevitable from distance running are actually harbingers for the future aches and pains of arthritis. This fear is even strong enough to get older runners to quit and start a lower impact exercise regimen like swimming and cycling. Is this a reasonable fear? Yes and No! Running by itself does not cause arthritis; improper biomechanics coupled with the rigors of running can cause arthritis.

Consider the stress of running on the joints for a minute. The foot hits the ground and the bones and joints experience force up to six times the runner's body weight at impact. The joints are being asked to move and glide efficiently and smoothly while enduring this stress. In the event of a misstep or stumble, the joints need to continue to be stable to maintain their perfect alignment.

Osteoarthritis, a.k.a. "wear and tear arthritis", is what runner's dread. This is degeneration of the articular cartilage which absorbs shock, distributes stress and allows the joints to glide smoothly. The ability to run pain free depends on the health and integrity of this cartilage as we age. In osteoarthritis, the surface of the cartilage becomes roughened, fissured and even starts to shred into small fragments. These fragments "float" around the joint and cause more damage. The bone tries to protect itself by producing small bony prominences called osteophytes which actually in the end make the joint damage and pain worse.

Any kind of sports participation can increase the incidence of osteoarthritis due to increased twisting forces, high impact, muscle weakness or over-development and joint instability which causes abnormal peak pressures and greater stress in certain areas of cartilage which can lead to osteoarthritis. Nevertheless, for normal joints, there is no scientific evidence that simply the action of running, even over a long period of time, causes permanent joint damage or even a predisposition for osteoarthritis.

What is the risk of osteoarthritis in runners? Many studies of long-term runners show no increased incidence of osteoarthritis in these competitive runners. Some studies did show more evidence of osteophytes, but no correlation with joint pain or instability. Confusing the issue for many runners are the numerous incidents of misdiagnosis of repetitive stress injuries like patella-femoral syndrome as arthritis. This is reversible and caused by abnormal tracking of the kneecap, which is treated with physical therapy and orthotics.

Joints are in fact strengthened by activity and damaged by inactivity. Studies have shown that the articular cartilage actually thins and becomes more fragile with inactivity, therefore increasing the risk of arthritis. Joints adapt to the stress of exercise and become stronger and more able to endure the long term stress of running. Remember the doctor

saying to increase slowly? This is why. Ligaments and muscles, which support the joints, are strengthened and reinforced by the stresses of the running activity, improving joint mechanics, if the joints are properly aligned.

Here is the truth about foot biomechanics. Proper biomechanics during the strengthening process is essential for joint health. Improper biomechanics can increase the stress on the joints in an abnormal fashion and actually increase the incidence of osteoarthritis and hasten joint damage.

Bottom line? Running does not increase the incidence of osteoarthritis unless the lower extremity biomechanics are faulty. In fact, almost 75% of Americans over the age of 65 experience some symptoms of osteoarthritis. This is not increased in runners. In fact, running may actually help with the symptoms of osteoarthritis.

The benefits associated with long distance running profoundly overshadow the risk of osteoarthritis. In runners, orthotic devices to correct their biomechanics early in their training may actually decrease the stress associated with increased osteoarthritis. If you have joint symptoms, see a sports medicine podiatrist today and have your gait realigned. Your joints will thank you. Remember, your feet are meant to carry you for a lifetime. Don't let the fear of osteoarthritis rob you of the joy of a lifetime of distance running!

Dr Marybeth Crane is a sports medicine podiatrist and a life-long runner. For more information on foot and ankle health as well as doctor-approved foot care products, visit her website at <http://www.faant.com> or read her blog at <http://www.myrundoc.com>

Exercises For Arthritis

By: [Jared Lee](#)

Exercise is very essential for people suffering with arthritis. Regular joint movement helps improve mobility, increases joint flexibility, strengthens the surrounding muscles, and also helps reduce pain. People suffering with arthritis should first discuss with their doctor what kind of exercises they are allowed to do before starting an exercise regimen.

Some of the exercises recommended for people with arthritis are listed below.

1. Range-of-motion exercises are very simple and mild stretching exercises. If performed daily, they can show tremendous improvement in the condition of the patient who are suffering due to inflammatory pain and are extremely scared to even move their painful joints. These exercises relieve stiffness, improve flexibility, and prevent deformity. The range-of-motion exercises involve the movement of each joint as far as possible in all the directions.

2. Strengthening exercises help in strengthening the muscles, which can then provide improved support to the joints thereby facilitating easy movement and reducing the pain. Doctors usually recommend two types of strengthening exercises depending on the need of the patient -- isometric strengthening exercises or isotonic strengthening exercises. While the isometric exercises are performed without moving the joints (in case of impaired joint mobility) through simple tightening of the muscle, the isotonic exercises involve strengthening of the muscles by moving the joint.

3. Endurance exercises are those exercises and physical activities which improve the stamina of the person. These exercises help to gradually increase the heart beat rate for at least twenty to thirty minutes, thereby improving the cardiovascular fitness. Arthritis patients must consult their doctors and carefully choose the kind of endurance exercise they wish to perform in order to prevent exercises prompted joint inflammation or injury.

People suffering from arthritis are usually suggested to do walking, running, jogging, swimming, cycling or even yoga to improve their condition and alleviate some of the pain they experience.

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Yoga For Arthritis - Yoga Contributes To Pain Relief As It Builds Your Confidence

By: [Julia Denham](#)

When you suffer from arthritis you get used to living with chronic pain, and pain relief usually comes in the form of a pill, rather than gentle exercise. But studies have shown that not only can yoga contribute to arthritis pain relief, but it provides other benefits too.

Yoga Helps To Make You Strong, Flexible And Confident, Even Though You Have Arthritis

People with arthritis tend to cut down on their activities which leads to even more joint stiffening, and more pain. Undertaking some gentle yoga exercises not only improves your circulation and strengthens your bones and muscles, the exercises can also give you the confidence to live your life in spite of your arthritis.

You don't need to bend yourself into a pretzel to do some yoga to help your arthritis. Breathing and self-awareness is at the core of yoga, so even standing up and breathing is a yoga exercise called Mountain Pose. This pose, just standing up and bringing your body into alignment as much as you can for a few moments, will help your posture, which translates into better balance in your daily activities.

Other yoga exercises are modified for people who have arthritis, with chairs, bolsters and other props. You still get most of the benefits of the full pose, and over time, you may even find that you no longer need the props.

Yoga Studio Or Self-Study?

If you have a yoga studio in your location, the best way to get started with yoga exercises for your arthritis is by taking some classes. Most studios have classes for people with arthritis, and if they don't the instructors will make sure that you're comfortable with the right props during a class, and that you exercise at your own pace.

If you're not near a studio, or if you find it hard to travel, you can learn gentle yoga exercises for arthritis from DVDs, in which the models performing the exercises have arthritis - so you can see what's possible for you.

Try yoga for your arthritis. Not only will yoga contribute to pain relief, but you'll be much healthier, and much happier and more confident.

Do you suffer from chronic arthritis or other pain? Visit [i Fix Pain Now](#) at

<http://www.ifixpainnow.com/> to discover how to get pain relief, and explore yoga at Easy Fab Yoga at <http://www.easyfabyoga.com/blog/> to discover some gentle exercises which help with pain relief. You'll be amazed at how much better you feel after a few gentle yoga exercises.

Arthritis Patients Benefit From Exercise and Nutritional Supplements

By: [Jack Russel](#) ★

People suffering from arthritis need to deal with chronic joint pain and loss of mobility as they cope with the disease. These symptoms tend to become worse as arthritis progresses, especially if the disease is not being treated properly. Medical experts strongly believe that exercise is very important in managing these two arthritis symptoms by reducing pain and increasing mobility.

In general, exercise strengthens the muscles around the joints that gives support and stability. Exercise eases pain provides warmth to the joints, and provides better circulation, improving the way nutrients are being transferred to the cells of the joints.

What kind of exercises can arthritis patients engage in to improve their mobility and lessen joint pain?

1. Range of motion exercises. These are a set of stretching exercises that help the patient extend his or her reach. These exercises prevent stiffness and maintain the arthritis patients mobility.
2. Strengthening exercises. Strengthening exercises help build muscle and make them stronger. Stronger muscles are needed to provide ample support to the joints.
3. Endurance exercises. Endurance exercises also build physical strength, enable the arthritis patient to be in a better frame of mind to deal with the joint pain, and eventually improve symptoms of the disease itself.

Examples of exercises that arthritis patients can do are regular walking or jogging on soft surfaces, swimming in warm water, doing tai chi or yoga, as well as stationary biking.

Exercise should also be done in moderation. A consistent lifestyle change incorporating exercise into a daily routine would be ideal. An arthritis patient should learn to listen to their body when doing exercise and not to push it when it becomes too painful. Too much exercise can only aggravate the symptoms of arthritis.

Exercise offers better mental health to arthritis patients by maintaining mobility and managing chronic joint pain. In addition, those with osteoarthritis can benefit taking nutritional supplements, particularly supplements with glucosamine and chondroitin. Recent studies have shown that glucosamine assists in building new cartilage tissue, while chondroitin helps in lubricating the joints. The newest formulas on the market have gone liquid and blend several synergistic ingredients together including the necessary glucosamine/chondroitin used in clinical studies.

One such supplement on the market for several years now with much success is Syn-flex

Premium Liquid Glucosamine. [Syn-flex](#) has shown to be safe and effective and Syn-flex has 3 formulas including 1 specific to pets. For more information about how glucosamine and chondroitin in Syn-flex works in treating arthritis, please visit <http://www.syn-flex-usa.com> .

Exercise and Arthritis - How Anyone Can Relieve Their Pain By Exercising

By: [Michelle K Armstrong](#) ★

“Exercise is any activity that increases your heart rate above normal!”

Exercise is essential to relieve and cure arthritis. Most sufferers of arthritis do not exercise because they fear exercise will aggravate their symptoms - this is far from the truth. Without exercise muscles will gradually deteriorate and a vicious circle of even less exercise and even more arthritic pain occurs.

Exercise helps keeps muscles strong and joints supple. Stronger muscles are less prone to arthritis.

To stop your muscles from deteriorating you must exercise regularly. Start slowly and gradually increase it until you feel comfortable. Build up your regime slowly and do not overdo any exercise during the earlier stages.

Types of exercises

Cardio Exercises

Cardio exercise helps strengthen the heart and help control weight in your body. When people think of exercising they automatically think of jogging. The truth however, is that jogging is one of the most damaging of all exercise and it can damage and tear muscles and tendon.

The best form of exercise for arthritis sufferers is walking. Do not underestimate the benefits of walking. Walking is gentle on the body and is suitable for most sufferers. Do wear comfortable shoes and warm clothing when you start.

Strengthening Exercises

Weight bearing and resistance exercises help strengthen muscles - strong muscles help reduce injuries and the pain of arthritis.

Start with small weights or even use your body weight as a form of resistance. Gradually increase the weight and repetitions to help strengthen your muscles even more.

Stretching Exercises

Stretching helps keep joints and muscle supple. Supple muscles and joints are less prone to injury and have a lower risk of developing arthritis.

Be careful when stretching and do warm up before you begin. Start off by gently stretching the affected areas (all joints would benefit from stretching but if you prefer you can begin by only stretching the affected joints).

I have suffered arthritis for a long time. I tried many arthritis treatments, relief methods to cure myself of the pain that arthritis brings. Some arthritis treatments brought relief but others had little or no effect.

These articles are the experiences i had when my arthritis was at its worse!

Michelle Armstrong

<http://arthritis-treatment-painrelief.blogspot.com/>

Arthritis Exercises - How Exercises Can Reduce Arthritic Pain

By: [Dr John Anne](#) ★

Arthritis pain can be alleviated in many ways. Although it may sound unusual, exercise is a very important treatment for arthritis. Arthritis causes stiffness and pain in the joints – arthritis exercises can help relieve the stiffness, which will help lessen the pain. Exercise is essential to the overall health of your body. Those who adhere to a regular exercise routine are better able to fight off the effects of many illnesses and are able to decrease the stiffness and pain associated with arthritis.

Before Arthritis

Exercise is important for everyone. It is important to begin an exercise regimen early in life and maintain a regular routine. Some of the overall benefits of exercise include:

- Improves your body's ability to fight infections.
- Improves sleep quality.
- Helps you to lose weight if you are overweight.
- Helps you to gain weight if you are underweight.
- Help you to maintain your weight if you are at a healthy weight.
- Keeps your blood circulating, which makes your brain work better.
- Lowers your risk of illnesses such as diabetes, cancer, and heart disease.

The key to maintaining a healthy exercise regimen is to know your body's limits. Over exercising can cause the symptoms of arthritis to begin earlier than what is normal. The key is to begin an exercise regimen and stay consistent.

First Signs of Arthritis

Even a regular exercise regimen will not completely prevent arthritis. Arthritis happens as the body ages naturally – and can occur in people who do everything they can to take care of their bodies. When you begin to notice the first signs of arthritis – stiffness or pain in certain joints – you need to learn the most effective of lessening the effects of arthritis. Arthritis exercises can help you to ease the pain and stiffness of arthritis and prolong the need for medications. Some of the benefits of arthritis exercises include:

- Strengthens muscles around the joints.

- Relieves joint stiffness.
- Increases joint flexibility.
- Increases your endurance levels.
- Relieves joint pain.

Beginning an Exercise Regimen in Arthritis

If you begin noticing symptoms of arthritis and you do not have a regular exercise regimen, it is not too late to begin. However, at this point you will have to begin your exercise routine with the goal of not aggravating the joints affected by arthritis and causing the symptoms to worsen. The most important types of exercises for arthritis sufferers are:

- **Range of motion** – these exercises help you to maintain or increase flexibility by helping to maintain normal joint movement and help relieve the stiffness that can occur with arthritis.
- **Strengthening** – these exercises are designed to strengthen the muscles around the joints so that the joints and muscles work together. If the muscles are weak, the joints will take all of the pressure and wear and tear of the joints occurs more quickly.
- **Endurance** – these exercises help you to maintain overall body health including weight management and cardiovascular fitness. Extra weight on your body puts more pressure on the joints causing premature wear and tear. Keeping the blood flowing correctly helps all of your body parts work together as they should.

When you begin an arthritis exercise routine, you should begin slowly and build up as your body gains strength. Listen to your body – it will let you know if you are trying to do too much too soon. Here are some pointers on getting started with your exercise regimen:

- Discuss arthritis exercises with your physician.
- Exercise under the supervision of a physical therapist or trainer, if possible.
- Warm up and stretch your body before you begin exercising – range of motion exercises.
- Start slowly – you should begin strengthening exercises with the smallest amount of weight and build to larger amounts as your body can handle it.
- Aerobic exercises – once your body becomes accustomed to an exercise regimen, add aerobic exercises in order to improve your cardiovascular health.

- Recreational exercises – once your body becomes accustomed to an exercise regimen and you have added aerobic exercises, you can begin to add recreational exercises such as biking and swimming.
- Have fun – this is one of the most important aspects of your arthritis exercise regimen. If you choose a recreational exercise that you enjoy, you are more likely to maintain your routine and get the most benefit.

Dr John Anne is an herbal specialist with years of experience and extensive research on herbs and alternative health. If you are looking for more information, read about [Arthritis Exercises](http://www.ayurvediccure.com/arthritis-treatment.htm) at <http://www.ayurvediccure.com/arthritis-treatment.htm> **AyurvedicCure.com** is the World's Largest Alternative Health Portal. You can also participate in **Health Q&A** where you can ask questions and share your remedies. If you are worried about your pets health, read about [Dogs and Pets Health Care](#)

Exercise For Shoulder Arthritis Pain

By: [Natalie Cordova, D.C.](#) and Philip V. Cordova, D.C. ★

Exercise for shoulder arthritis pain is helpful, as long as you're sure nothing in the shoulder is torn. Arthritis is kind of general term, meaning "inflammation of the joint." There are many types of arthritis and the term is used to cover a lot of conditions.

Some people seem to think only of rheumatoid arthritis when they hear the term, but that's significantly more complicated than just inflammation. You're not going to exercise your way out of that type of arthritis. So that's not the type of arthritis we'll be discussing here.

Exercise for shoulder arthritis pain doesn't usually involve a lot of heavy weights, but you will want to strengthen the rotator cuff and help stabilize the shoulder joint. The shoulder has a lot of directions it can move, so increasing the muscle strength to improve stability is key.

Since the shoulder joint is the most mobile joint (moves in the most directions) in the entire body, it is also the least stable. Strengthening the muscles that move the shoulder will take some of the pressure and strain off the shoulder joint.

Exercises for your rotator cuff can be done using resistance bands (or resistance tubing) and small hand weights to minimize the use of heavy weights and straining any of the surround tissues.

If you aggravate your shoulder, this will only increase the inflammation in the joint, leading to more "arthritis." The goal will be to improve stability and strength, which will significantly reduce the amount of strain on the joint itself. The wear and tear of your joints will be reduced, and that alone will feel a lot better.

Follow a program that includes [posture improving exercises](#) carefully and you shouldn't have any problems. If you experience sharp pain, stop immediately and consult with a qualified healthcare professional.

Dr. Natalie Cordova, a chiropractor and posture expert, wants to help you change your posture for good. Learn to improve posture at <http://www.ImproveMyPosture.com>

How Exercise May Actually Reduce Arthritis Joint Pain

By: [Cazza Burke](#) ★

When a person first realizes they have arthritis exercise may be the furthest thing from their mind. They have felt the pain from the degenerative disease and after reading up on it may believe that exercising may actually cause additional pain. However, most doctors recommend that those with arthritis exercise regularly to help reduce the affects it can have on the joints.

One of the first things doctors tell their overweight patients with arthritis exercise can help them lose excess weight, taking some of the load off the affected joints. Regular, moderate exercise can help maintain mobility, reduce stiffness and increase flexibility and stamina. The operative word is moderate as high-impact exercises such as running and jumping may increase the pain from the bones in the affected joints rubbing together. Additionally, arthritis exercise programs performed in the water can help maintain the exercise regimen while limiting the stresses placed on the joints.

When first considering an arthritis exercise plan, many people will continue to put off starting, but the important think to remember is to begin slow and work their way up to more demanding exercises. Beginning with stretching and exercises designed to improve flexibility will help maintain the motion needed for everyday activities around the house. Having access to a swimming pool can also be a benefit as when in the water the weight is reduced on the knees, hips and ankles and water exercising can help get the body ready for more strenuous workouts.

Comfort Is Key To Exercise Program

As a person progresses through an arthritis exercise program, and feels more comfortable performing the exercises, they can move into weight training. This can help build up the muscles around the joint, which will take some of the stress from the bones and reduce the amount of pain associated with arthritis. Simply short walks will help build the leg muscles and learning yoga can help with flexibility. Another important aspect of arthritis exercise plans is they consist of low, or non-impact activities.

Exercise can also help strengthen the heart muscles and help reduce the possibility of coronary problems. Many who shun the thought of an arthritis exercise plan will end up living a stagnant lifestyle, which can create other health problems unrelated to the arthritis. While the excuse that exercising causes arthritis pain to grow worse may seem plausible, not exercising can actually cause the pain to become for consistent. Some form of low-impact exercise will help reduce the pain and strengthen the joints to help the patient live better with arthritis.

Cazza Burke is a full time health consultant in Los Angeles, CA. Check out these great [Health And Beauty](#) resources and reviews or more specific [Sleep Disorders](#) and insomnia

advice.

Pilates Exercises For Arthritis Sufferers Is A Sensible Choice For Arthritic Pain Relief

By: [Susannah Marchese](#)

Exercises for arthritis sufferers has traditionally been water exercise, walking and gentle forms of Yoga. Pilates is now a very acceptable form of arthritic pain relief and more and more doctors are recommending Pilates for their patients.

Arthritis is an inflammation of the joints. Moderate exercises for arthritis on a regular basis, performed in a pain free range of motion, is what is always recommended for arthritis sufferers because of the importance of keeping those effected joints mobile. Pilates benefits people with arthritis for this very reason.

Benefits include increased strength, increased flexibility, and a better sense of balance and body awareness.

Performing Pilates exercises for arthritis may also lead to a decrease in fatigue and leave you with a general feeling of well being. All of these benefits are perfect for the arthritis sufferer.

Adaptation is the name of the game when you embark on these exercises for arthritis. The key is to modify the exercises to suit your level of fitness.

Any qualified Pilates instructor can see you through an appropriate routine for your particular ailment and tailor it to be effective for you.

Here are a few basic arthritic pain relief exercises.

- **Wall Roll Down:** Stand with your lower back firmly against a wall and your feet about a foot away from the wall knees slightly bent. Inhale to prepare, exhale to drop your chin towards your chest and roll your spine off the wall one vertebrae at a time until your arms and head are hanging down over your hips and you've reached a point of resistance.

Inhale to stay, exhale to roll back up the wall making sure each part of your spine makes contact with the wall. Use your abdominal muscles! Note: How far you go into flexion depends on what type of arthritis you have.

Repeat three times. Good for stretching hamstrings and spine.

- **Mermaid Stretch:** Find a bench and sit on the front edge with your feet firmly on the ground and hips width apart. Inhale raise your right arm straight up to the sky, exhale and bend to the left, reaching out of the fingertips. Inhale to stay, exhale return to center.

Repeat both sides three times through. Make sure to keep your bottom squarely on the chair and your spine upright. Stretches the sides of your waist and ribcage.

- Imprinted Spine: Lie on the floor or on a raised platform with knees bent and feet placed hips width apart on the mat. Breathe in and engage your abdominal muscles.

Exhale and move your pelvis into a slight tuck feeling your lower back in contact with the floor. Inhale and release back to neutral.

Repeat five times.

It is very important when you have arthritis to maintain joint mobility because stiff joints mean an inability to perform your daily tasks. Quality of life may become an issue. Commit to a regular routine of strength training exercises, stretching exercises and cardiovascular exercise and you may be able to maintain function in all your joints.

[href="http://www.everything-about-pilates.com/exercises-for-arthritis.html">](http://www.everything-about-pilates.com/exercises-for-arthritis.html)Pilates exercises for arthritis sufferers may be the perfect solution to a healthier lifestyle.

Susannah Marchese - <http://www.everything-about-pilates.com/exercises-for-arthritis.html>

Susannah Marchese is a certified Pilates fitness instructor and senior contributing writer to everything-about-pilates.com, for more information on this topic please visit <http://www.everything-about-pilates.com/exercises-for-arthritis.html>

Articles On Other Types Of Arthritis

Arthritis Report-How To control Your Arthritis

http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html

Osteoarthritis (Wear and Tear)

http://www.arthritispainbegone.com/What_is_Osteoarthritis.html

Rheumatoid Arthritis

http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Herbal Remedies for Arthritis

http://www.arthritispainbegone.com/Herbal_Remedies.html

Psoriatic Arthritis

http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html

Pet Arthritis

http://www.arthritispainbegone.com/Cat_Arthritis.html

Arthritis AND Diet

http://www.arthritispainbegone.com/Arthritis_and_Diet.html

Arthritis Symptoms

http://www.arthritispainbegone.com/what_are_arthritis_symptoms.html

Gouty Arthritis

http://www.arthritispainbegone.com/Gouty_Arthritis.html

Amazing Arthritis Relief

<http://www.arthritispainbegone.com/index.html>

A handwritten signature in blue ink that reads "Stacynth Allen". The signature is written in a cursive, flowing style.

