



Share the Wellness Tip

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Lighten up to Lessen Arthritis Pain

Do stiff or painful joints sometimes slow you down? For many, the connection may be excess weight. Being heavy raises your risk for arthritis in weight-bearing joints—your low back, hips, knees, and feet.

In the most common type of arthritis, osteoarthritis, cartilage at the ends of bones breaks down. Then bone can rub on bone, causing stiffness and pain and limiting movement.

Managing your weight and avoiding joint injuries can go a long way and can help with lessening pain and fatigue. To prevent arthritis or reduce symptoms, exercise regularly. Exercise protects your cartilage by strengthening the muscles that stabilize your joints and by keeping your weight down. This can relieve arthritis stiffness and pain, as long as you don't overdo it.

Walking, biking, swimming, and water exercise classes tend to be joint-friendly. Consider other options like water walking, yoga and tai chi. If you're not sure what you can do safely and without pain, ask your doctor.

If arthritis bothers you, let your doctor know. Medicines that reduce pain or inflammation may help. If these aren't enough, you may have other options, like injections to lubricate your joints or physical therapy for better strength, flexibility, and movement.

Sources: [Arthritis Foundation](#); [Arthritis Today](#)

