



**GET ACTIVE**  
Gold Coast

## BEING ACTIVITY WITH A HEALTH CONCERN: *arthritis*



***ALWAYS plan your physical activity program under the supervision of your doctor or health care professional. Your health care professional can help select and monitor the most suitable activities for you!***

Arthritis causes pain, stiffness and often inflammation in one or more joints. Regular gentle activity can reduce some of the symptoms of arthritis and improve joint mobility and strength.

Osteoarthritis is the most common form of arthritis. Normally the two bones of a joint are cushioned with a strong flexible tissue called cartilage. In osteoarthritis the cartilage deteriorates, causing pain and stiffness. Cartilage doesn't have a blood supply and relies on synovial fluid moving in and out of the joint to nourish it and take away waste products. Physical activity helps this process by facilitating fluid movement and joint nourishment.

Being physically active can also help ease joint pain and joint stiffness, reduce joint deformity and improve flexibility and posture.

### **STAY ACTIVE:**

Staying active can prevent or manage osteoporosis (thinning of the bones) by maintaining bone density.

People with arthritis should choose their type of activity carefully, and be guided by doctor or a health professional such as a physiotherapist or exercise physiologist. It is important to warm up thoroughly beforehand and cool down after activity. A joint should not be forced beyond a comfortable range of motion and a painful, inflamed or hot joint should not be exercised. If a joint feels particularly painful afterwards (for longer than two hours after being active), reduce the intensity of the activity and discuss with your physiotherapist.

For further information talk to your health professional or contact:

**Arthritis Queensland**

**Phone:** 1800 011 041

**Web:** [www.arthritis.org.au](http://www.arthritis.org.au)



*Get up, get out...get active!*

[www.getactivegoldcoast.com.au](http://www.getactivegoldcoast.com.au)