



New way to beat arthritis by modifying exercises

NEWS

[Pain Management](#)

Many people with arthritis choose to take self medications, while there are some alternatives that may even work better. For example, exercise can help improve joint pain and stiffness. However, some patients may have difficulty in exercising. Therefore, some strategies can be implemented to overcome these hurdles.

Rheumatoid arthritis (RA) makes joints stiff, achy, and painful, making high-impact sports and exercises uncomfortable and harmful. About 53 percent people with arthritis cannot exercise or remain physically active when compared to their peers without arthritis.

Karen J. Green, a physical therapist at the Cleveland Clinic in Ohio, states “It is important for RA patients to modify exercises to avoid unnecessary stress on the joints and the ligaments that support them. The goal of adapting exercises is to decrease stress at the ends of the joint motion, reduce pain, and maximize the benefits of exercise while decreasing potential barriers, explains Green”.

Low-impact weight-bearing exercises can keep strengthen the bones and are a safe alternative to high-impact exercises. It is important to find ways to tone down the stress on joints. Research suggests a low-impact activity, such as yoga, brisk walking, pilates and weight training, is just as effective as high-impact activity, such as running, in lowering the risk of heart disease. The key modification strategy for any exercise program is to listen to the body and avoid stressing joints.

According to Green, sufferers should also remember that the amount of comfortable motion may eventually change. Green also added that sufferers should exercise larger body parts, avoid working out to the point of discomfort, and decrease the intensity when soreness and joint pain takes place.

It is advised that arthritis patients having difficulty in physical activities should consider pain management alternatives, such as glucosamine. Glucosamine is one of the most effective of all joint health ingredients that is often utilized by athletes and arthritis sufferers.

Source: Newswire

Link to the source: <https://newswire.net/newsroom/pr/00094109-exercise-modifications-is-one-of-the-best-methods-for-arthritis.html>

Original title of article: Exercise Modifications is One of the Best Methods for Arthritis

SearchTags:

Exploratory, Glucosamine, Rheumatoid Arthritis, Joints, Polysaccharide