What do you need to know?

WHAT IS ARTHRITIS?
Arthritis literally means “joint inflammation”. There are at least 100 types of arthritis. Two very common types of arthritis are:
   a. Osteoarthritis (OA)
   b. Rheumatoid Arthritis (RA)

The physiotherapist is an expert member of the health care team. We assess, treat and assist you in resuming an active and independent life. Physiotherapists are highly trained in the management of arthritis.

How can physiotherapy help you and your arthritis?
- Reduces pain
- Strengthens muscle
- Restores movement
- Improves flexibility
- Improves independence
- Prevents disability

EXERCISE
Exercise is ESSENTIAL in the management of arthritis. Exercise:

   a. Maintains or increases movement
   b. Improves nutrition of your joints
   c. Restores muscle strengthen
   d. Improves circulation
   e. Improves poor posture and balance
   f. Improves your mood

Exercise, if done properly, and under the direction of a physiotherapist, can decrease your joint stiffness, help you move better, increase your flexibility, and decrease your pain!!!

Exercises may include:
- Walking activities
- Cycling
- Playing golf
- Aquatic exercise
- Weight training

TIPS:
- Rest joints in acute flare ups (hot, swollen and very painful joints)
- Perform exercises slowly
- Avoid exercises that stress your joints like running
- If you experience pain more than 2 hours after exercise, you may have done too much
- Use your medication as prescribed by your doctor
- If you are overweight, check a dietician

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