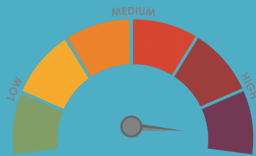


Activity Modification



All stages

What is it?

Avoiding impact orientated activities that can increase stress going through the joint.

Find alternatives, such as swimming, or take steps to reduce the impact your current activities are likely to have.



Works best in stage 1-4



Benefits

Many arthritic patients report a decrease in the intensity of pain after modifying their activities.

Moderate drop in pain, improvement in activities of daily living (ADL) and mobility in the long term.



Risks

No major risks identified.

Pain may increase in the initial stages and some people may notice an increase in swelling.

Some may also have problems in adapting to new footwear.



Very low cost



No more than usual



No more than usual



No more than usual



No more than usual



Minor



Minor



Will require modification



No more than usual

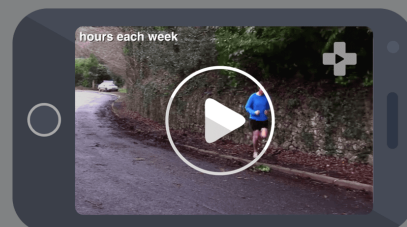


Will require modification



No more than usual

Limitations due to treatment



Video

What does it involve?

Stopping repetitive impact orientated activities - like intensive running or step aerobics.

Breaking activities into several smaller sessions and spreading them throughout the day.

Using appropriate footwear; flat shoes, cushioned insoles etc.

Maintaining an activity diary, including pain scores, to understand which activities affect you most.

Effort/burden

Consistent adherence to the plan; maintaining a diary and changing your activities requires commitment.

May require the purchase of new footwear. A degree of trial and error may be required to find the type that suits you.

Benefits

Many arthritic patients report a decrease in the intensity of pain after modifying their activities.

Moderate drop in pain, improvement in activities of daily living (ADL) and mobility in the long term.

Limitations and side effects

Difficult to achieve improvement in a short period of time.

Minimal side effects reported.

Risks

No major risks identified.

Pain may increase in the initial stages and some people may notice an increase in swelling.

Some may also have problems in adapting to new footwear.

Cost

Low cost option for both the patient and the NHS.

May be some personal costs (e.g. footwear, exercise clothing and equipment)

What if no treatment is done?

Arthritis will continue to deteriorate.

Symptoms will get worse; sometimes rapidly.

Will have a negative influence on other management options, e.g. surgery, in the future.