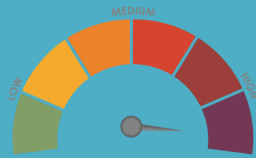


Basic Exercise



All stages



Works best in stage 1-4

What is it?

Low impact exercises that can have significant beneficial effects on arthritis symptoms.

These exercises can improve the strength of muscles around the joint, while also benefiting the bone and ligaments.

They also maintain movement in the affected joint.



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



Minor



Minor



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?

Commitment to exercise plan.

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.

There's currently no randomised controlled trial to prove how this is benefiting patients.

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).

There may also be minimal recurring expenses for accessing and maintaining health advice service, website subscriptions, access to physiotherapist and leaflet publications.

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.

References

Felson DT, Anderson JJ, Naimark A, Walker AM, Meenan RF: Obesity and knee osteoarthritis: The Framingham study. Ann.Int.Med.1988;109:18-24

<https://www.hopkinsarthritis.org/patient-corner/disease-management/role-of-body-weight-in-osteoarthritis/#ref10>