Arthritis and exercise
Summary

- Exercise can help reduce the symptoms of arthritis.
- Gentle exercises such as warm water exercise and tai chi can be particularly helpful for people with arthritis.
- Plan your exercise program in consultation with your doctor and your physiotherapist, exercise physiologist or fitness professional.

Arthritis is a general term that refers to over 150 different conditions. The accurate term for this group of conditions is ‘musculoskeletal conditions’, as they affect the muscles, bones and joints.

Your musculoskeletal system

To understand how arthritis and other musculoskeletal conditions work, it’s helpful to know a little about the muscles, bones and joints that make up your musculoskeletal system.

A joint is a structure that allows movement at the meeting point of two bones. Cartilage is a firm cushion that covers the ends of the two bones, absorbing shock and enabling the bones to glide smoothly over each other. The joint is wrapped inside a tough capsule filled with synovial fluid. This fluid lubricates the cartilage and other structures in the joint and keeps them moving smoothly.

Ligaments hold the joint together by joining one bone to another. Your muscles are attached to the bones by tendons. As your muscles contract, they pull on the bones to make the joint move.

Arthritis and other musculoskeletal conditions affect the normal functioning of the joints, muscles, bones and surrounding structures. The way this happens will depend on the condition you have.

Arthritis can cause pain, stiffness and often inflammation in one or more joints or muscles. Regular exercise can reduce some of the symptoms of arthritis, and improve your joint mobility and strength.

Arthritis – benefits of exercise

Regular exercise has many health benefits for people with arthritis. Exercise can:

- aid joint lubrication and nourishment
- ease your joint pain and stiffness
- improve flexibility
- build muscular strength
- improve your balance
- help you sleep better
- improve posture
- improve or maintain the density of your bones
- improve overall health and fitness
- lower stress levels
- improve your mood
- help you maintain a healthy body weight.

Types of exercise for arthritis

There are many different forms of exercise to choose from. The type that is best for you will depend on your personal preference, the severity of your symptoms and whether or not you have other musculoskeletal conditions or health issues.

If you aren’t sure which exercises are suitable for you, be guided by your doctor or other health professional, such as a physiotherapist or exercise physiologist.

Aim to do some form of exercise every day. The exercises you choose should ideally help with:

- flexibility – stretching and range of movement exercises help maintain or improve the flexibility of your joints and nearby muscles. They will help keep your joints moving properly and ease joint stiffness
- strength – to build muscle strength, provide stability to your joints and improve your ability to perform daily tasks
- overall fitness – exercise that gets you moving and increases your heart rate (such as walking, swimming and cycling) will help improve the health of your heart and lungs (cardiovascular system) and can also help with endurance, weight loss and prevention of other health problems (such as diabetes). This type of exercise is also called aerobic exercise, cardiovascular exercise or ‘cardio’.

Many types of exercise can help with flexibility, strength and overall fitness at the same time, including:

- swimming or water exercise classes
• tai chi
• walking or Nordic walking (walking with Nordic poles)
• chair exercises
• low-impact aerobics
• strength training
• dancing.

The exercise you choose should be something you enjoy and you’re committed to doing. Consider exercising with friends, or in a group or a team environment if you find it difficult to get motivated.

Sometimes it can be difficult to exercise due to pain. An inflamed, hot or painful joint needs rest, but too little exercise can cause muscle weakness, pain and stiffness. It’s important to find the right balance of rest and exercise.

If you’re not sure what the right balance is for you, talk with your doctor, physiotherapist or exercise physiologist for some advice.

**Arthritis and water exercise**

Warm water exercise is particularly helpful if you have arthritis or another musculoskeletal condition, because your body is supported and the resistance provided by moving through water builds muscle strength and endurance.

Water exercise involves exercising in a pool, usually heated, and may also be called ‘hydrotherapy’. There are several ways you can exercise in water. The most suitable type of water exercise for you depends on a number of factors such as:

- the type of arthritis you have
- how your arthritis affects you
- your fitness level
- your confidence in the water
- your personal preferences and interests.

The types of water exercise available include:

- hydrotherapy – a type of exercise therapy offered by physiotherapists as one-on-one sessions for individuals, or in small groups. Exercises are specific to your condition, injury or situation
- gentle water exercise classes – some fitness or recreation centres offer gentle water exercise programs suitable for older adults or people with health conditions such as arthritis. All participants follow the same general exercises in a fun, group environment
- swimming laps at your local pool can also help.

**Starting a water exercise program**

Venues that may run warm water exercise classes include:

- recreation centres
- fitness centres
- public swimming pools
- retirement villages.

Things you can do before you choose a class include:

- Talk with your doctor, physiotherapist or exercise physiologist about the class and whether it’s right for you.
- Contact the various fitness and recreation centres in your local area to find out what sort of warm water classes are on offer. Ask them about the qualifications of the person running the classes.
- Check out the venue to see if it’s suitable for you. For example, is the pool easy to access? Are the change rooms accessible and comfortable? Is the venue close enough for you to go to regularly?
- Before choosing a class, make sure it’s appropriate to your level of fitness and ability.
- If you like, watch a class or two from the sidelines before joining.

Another option is to use the pool facilities and a water exercise program that has been designed for you by a physiotherapist or exercise physiologist and exercise on your own. You could do this instead of, or as well as, joining a class.

There are many different options available so that you can exercise in water and get the associated health benefits.

**Pool safety**

Once at the pool, safety suggestions include:

- warm up – a good way to do this is to swim gently or go for a walk through the water. Be guided by your instructor or by the exercise program that has been designed for you
- if you feel light-headed, sick or dizzy at any stage, get out of the water
- take care when moving in wet areas around the pool, including in change rooms, to avoid slipping and falls
- perform each movement as gracefully and smoothly as you can
- keep the body part you are exercising under the water. This may require you to squat or bob down at times.

**Arthritis and tai chi**

There is good evidence to support the effectiveness of tai chi for people with arthritis and other musculoskeletal conditions. There are many styles of tai chi and most are suitable for people with arthritis.
The benefits of tai chi include:

- It can be practised by people of all ages and fitness levels.
- It promotes correct body posture and balance.
- It’s a low impact exercise.
- It can help relieve joint pain and stiffness.
- It integrates the body and mind.
- It uses gentle and circular movements.
- It’s relaxing and enjoyable.

You can learn tai chi from books and DVDs, but most people find it easier to learn from a qualified instructor. Books and DVDs are useful to help you practice between classes.

Before starting a tai chi class:

- Talk with your doctor about whether tai chi is suitable for you.
- Make sure your instructor is qualified, and takes special care of people with arthritis. Musculoskeletal Australia can help you find suitable instructors.

General exercise cautions and suggestions

Your doctor or exercise professional can give you exercise advice that is specific to you and your particular condition and situation.

Here are some general suggestions on exercising safely:

- See your doctor before starting any new exercise program. If you have had a joint replaced, find out from your surgeon or health professional which movements you should limit or avoid.
- Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It’s a filter or “safety net” to help decide if the potential benefits of exercise outweigh the risks for you. Print a copy of the adult pre-exercise screening tool from Fitness Australia, and discuss it with your doctor or exercise professional.
- Don’t exercise a painful, inflamed or hot joint. Instead, gently move the joint through its range of movement to help reduce stiffness and improve circulation.
- Start gently and increase the intensity of your exercise program gradually over weeks or months.
- Warm up thoroughly beforehand. Cool down after exercise with gentle, sustained movements.
- Pay attention to good technique and try to move smoothly. Don’t force a joint beyond a comfortable range of movement.
- Don’t try to do too much too soon. If you feel out of breath, slow down.
- If your joint feels particularly painful afterwards (for longer than two hours after an exercise session), reduce the intensity of your next exercise session.
- If an activity causes you pain or increases your pain beyond what is normal, then stop this activity.
- Drink plenty of fluids during and after exercising.
- Wear appropriate clothing and footwear when exercising.
- Increase incidental activity in your life. For example, walk to nearby shops instead of driving.

Where to get help

- Your GP (doctor)
- Physiotherapist
- Exercise physiologist
- Community health centre
- Local fitness or aquatic centre
- Musculoskeletal Australia - formerly MOVE Help Line Tel. 1800 263 265

References

- Physical activity, 2015, Arthritis Australia.
- Water exercise, 2015, Arthritis Australia.
- Tai chi, 2015, Arthritis Australia.

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People can manage their arthritis using medication, physiotherapy, exercise and self-management techniques.
Living with persistent pain

Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain.

When do I need to see my doctor about persistent pain?

Living with persistent pain isn’t easy. Your doctor can help you balance your pain, your treatment and hurdles you encounter in life.

Treating persistent pain

Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain.

Rheumatologist

A rheumatologist is a medical professional who specialises in diagnosing, treating and managing diseases of the joints, muscles and bones.

Orthopaedic surgeon

An orthopaedic surgeon specialises in diagnosing, treating, preventing and rehabilitating musculoskeletal injuries and diseases, both surgically and non-surgically.

Understanding arthritis

- Arthritis explained
  People can manage their arthritis using medication, physiotherapy, exercise and self management techniques.
- Arthroscopy
  Most people can resume normal activities around three weeks after an arthroscopy.
- Back pain
  Back pain is common. Some people will develop back pain that is persistent (lasts more than three months). There are many things that you can do to live well with back pain.
- Chronic illness
  A chronic or long term illness means the person has to adjust to the demands of the illness and the therapy used to treat the condition.
- Elbow pain
  Elbow pain can result from overuse in a range of sports or occupations.
- Hip disorders
  The hip joint is complicated to allow a wide range of motion while still supporting the weight of the body.
- Joints
  A joint is the part of the body where two or more bones meet to allow movement.
- Neck pain
  Treatments like physiotherapy, osteopathy or remedial massage can generally help neck and shoulder pain.
- Shoulder pain
  Shoulder pain is common in our community. The good news is that with appropriate treatment pain will improve so you can get back to doing the things you enjoy.

Types of arthritis

- Ankylosing spondylitis
  Ankylosing spondylitis (AS) is a type of inflammatory arthritis that targets the joints of the spine.
- Arthritis explained
  People can manage their arthritis using medication, physiotherapy, exercise and self management techniques.
- Arthritis - juvenile
  One child in every 1,000 in Australia is diagnosed with juvenile arthritis. It is one of the most common chronic conditions to affect children.
- Fibromyalgia
  Fibromyalgia is a condition associated with widespread pain and tenderness.
- Gout

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While most other types of arthritis develop slowly, an attack of gout happens suddenly, often overnight.

- **Osteoarthritis**
  Many people will experience symptoms of osteoarthritis as they age.

- **Polymyalgia rheumatica**
  Typical symptoms of polymyalgia rheumatica include severe muscle aches and stiffness, particularly in the neck, shoulders and thighs.

- **Reactive arthritis**
  Reactive arthritis is a form of arthritis that occurs as a result of some bacterial infections.

- **Rheumatoid arthritis**
  Early treatment of rheumatoid arthritis is important in helping you manage the condition more effectively.

### Treatment for arthritis

- **Knee replacement surgery**
  Knee replacement surgery removes a diseased knee joint and replaces it with an artificial joint.

- **Medications - non-steroidal anti-inflammatory drugs**
  Non-steroidal anti-inflammatory medicines should always be used cautiously and for the shortest time possible.

- **Pain and pain management – adults**
  Always see your doctor if you have ongoing pain to find the best pain-management option for you.

- **Treating persistent pain**
  Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain.

### Living with arthritis

- **10 tips to exercise safely**
  Exercising regularly has wide-ranging physical, emotional and social health benefits. You need to exercise safely to remain healthy and injury-free. If it’s safe and painless, you’re more...

- **Arthritis and exercise**
  Exercise can reduce some of the symptoms of arthritis, and improve joint mobility and strength.

- **Living with persistent pain**
  Pain is our built-in alarm system. It makes us aware that something might be going wrong in our body. However, there are many things you can do to deal effectively with persistent pain.

- **Tai chi - health benefits**
  People of all ages and fitness levels can practice tai chi and may gain health benefits.

### Related Information

- **Arthritis**
  Arthritis occurs when joints or muscles become painful, stiff and swollen. Exercise, medication and supportive therapies can help manage symptoms.

- **Arthritis and diet**
  No special diet or ‘miracle food’ can cure arthritis, but some conditions may be helped by avoiding or including certain foods.

- **Breathing problems and exercise**
  A little physical activity and some breathing exercises can help people with lung disease.

- **Menstruation - athletic amenorrhoea**
  Women who are athletes or who exercise a lot on a regular basis are at risk of developing athletic amenorrhoea, which is the absence of periods.

- **Cancer - exercise to help you cope**
  People with cancer should be as physically active as their abilities and condition allow.

Home
Related information on other websites

- Musculoskeletal Australia
- Musculoskeletal Australia - Water Exercise

Support Groups

- Musculoskeletal Australia - Peer Support Groups

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