

# Arthritis: All the More Reason to Move!

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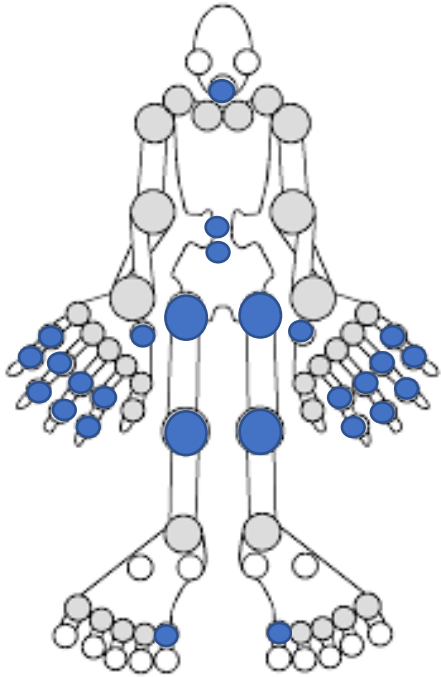
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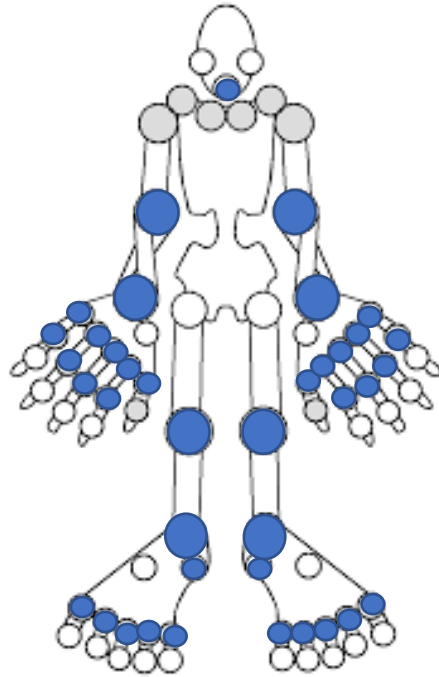
# Outline

- Common types of arthritis
- Benefits of movement and exercise for arthritis
- Exercise recommendations and tips
- Breaking down exercise barriers
- Community and web-based exercise resources

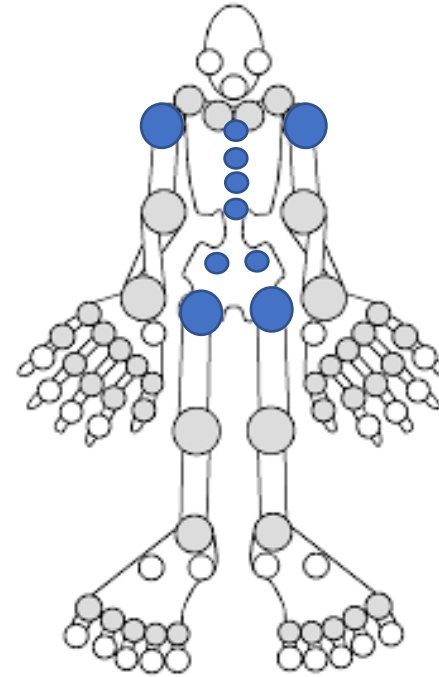
# Types of arthritis



Osteoarthritis  
1 in 7



Rheumatoid arthritis  
1 in 100



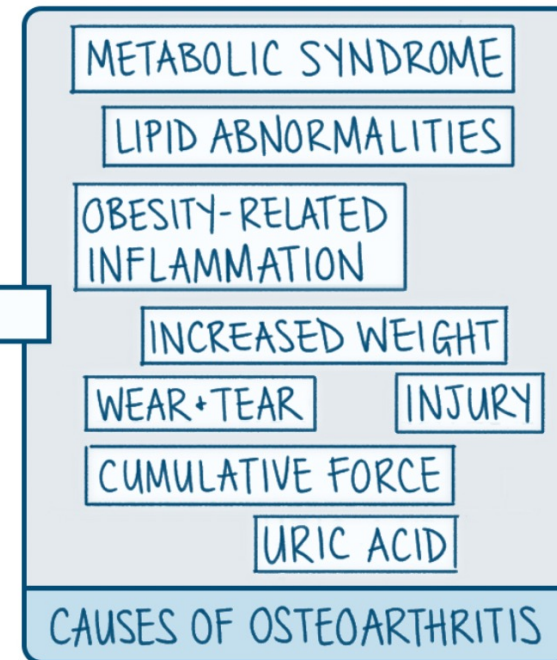
Ankylosing spondylitis  
1 in 1000

# Osteoarthritis (OA)

WHAT WE THOUGHT

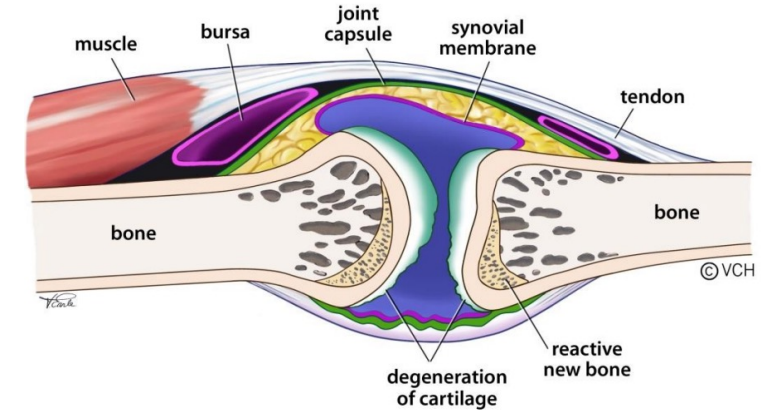


WHAT WE'RE LEARNING



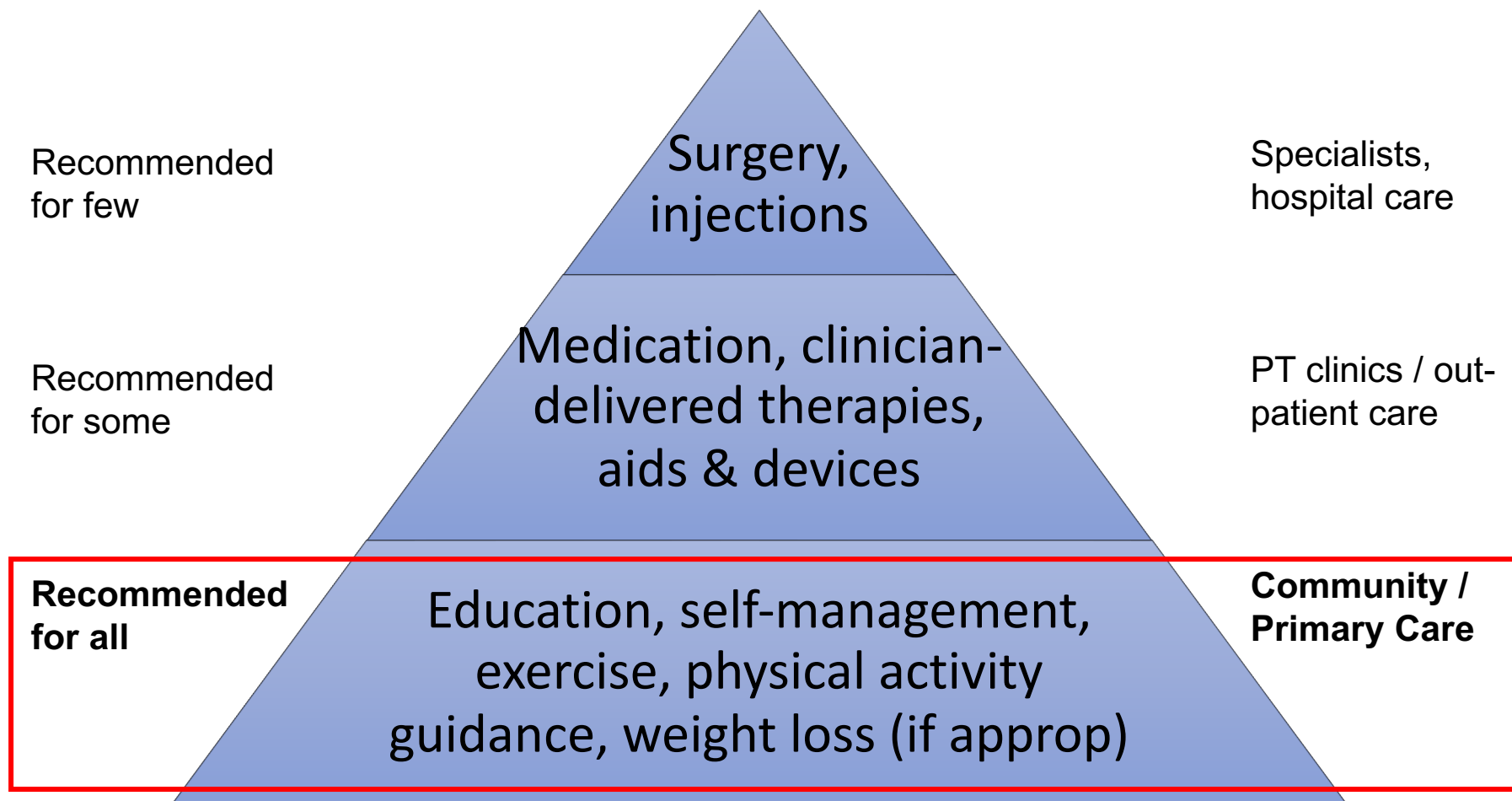
HowardLuksMD.com

# Osteoarthritis – what we do know

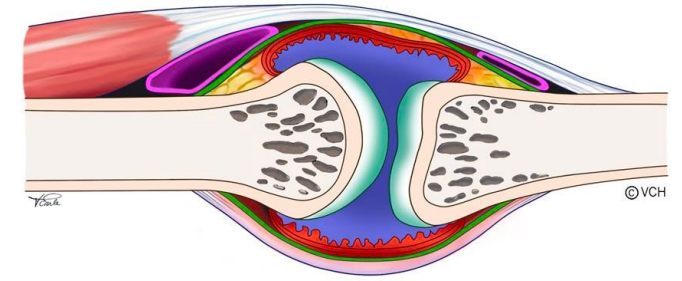


- ~ 625K adults in BC are living with OA
- At age 50, about 7-12% will need a hip or knee replacement in their lifetime (Culliford D Osteo Cartilage 2012)
- For vast majority, exercise and physical activity, education with self-management, and weight loss (if appropriate) are recommended

# Stepped care approach for OA



# Rheumatoid arthritis

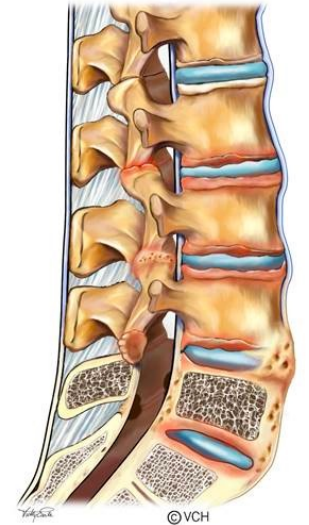


- Systemic, autoimmune disease with some genetic basis
- Causes inflammation of synovial lining of joints leading to pain, swelling, stiffness, loss of motion and sometimes bony damage
- Other systems can be involved – eyes, heart, lungs, skin
- Early diagnosis and treatment is key
- Newer drugs (biologics/biosimilars) are very effective in reducing inflammation, preventing joint damage and achieving remission
- Regular physical activity and individualized exercise programs are strongly recommended

[https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/rheumatoid-arthritis](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/rheumatoid-arthritis)

# Spondylitis

- Systemic, autoimmune disease with some genetic basis
- Affects more males than females
- Causes inflammation of attachment sites (enthesitis) of tendons and ligaments into bones
- Diagnosis often delayed and mistaken for low back pain
- Newer drugs (biologics/biosimilars) can significantly reduce the inflammation, pain and stiffness
- Exercise is the key non-pharmacological treatment

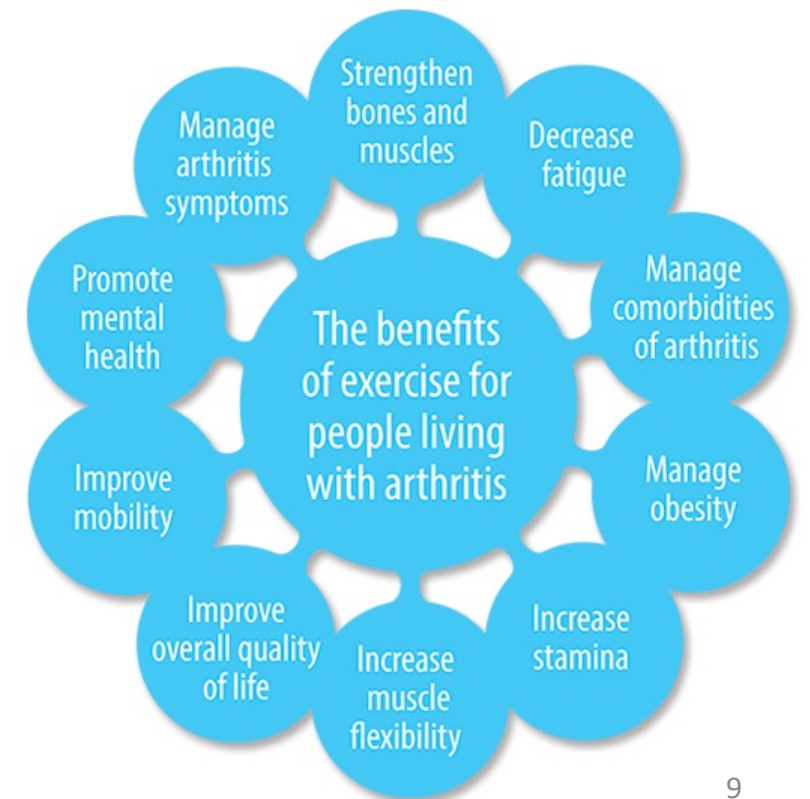


[https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/ankylosing-spondylitis](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/ankylosing-spondylitis)



# Benefits of PA for people with arthritis

- Improves joint health (cartilage, ligaments, tendons, bones)
- Reduces pain and disease activity (joint count, ESR, CRP)
- Decreases fatigue/improves sleep
- Improves muscle strength/endurance
- Improves ROM and flexibility
- Maintains/improves bone health
- Improves function
- Enhances mood, reduces depression
- Prevent/manage other chronic conditions



# Sedentary time

- Sitting, watching TV, reading book, using computer
- Being sedentary can increase joint pain and stiffness, decrease muscle strength and contraction speed, increase risk of falls, decrease bone health, double the risk of cardiovascular diseases and diabetes, and worsen depression and increase fatigue
- Many symptoms associated with arthritis may actually be due to inactivity or being too sedentary



## CANADIAN 24-HOUR MOVEMENT GUIDELINES:

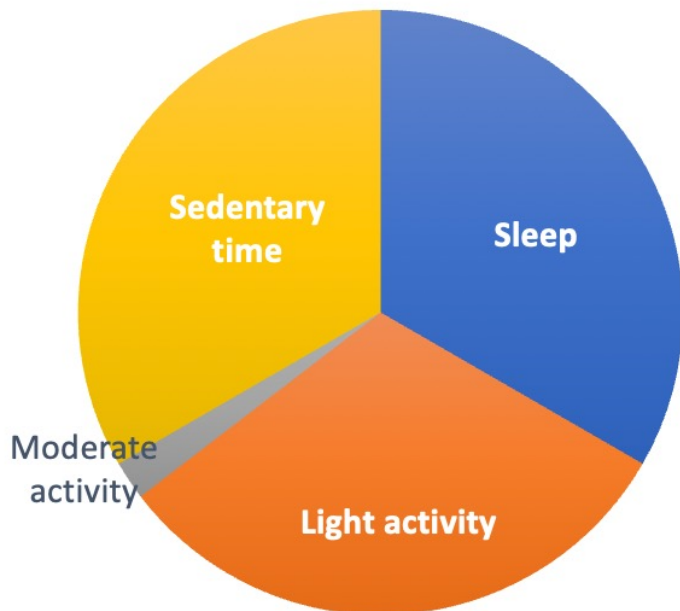
An Integration of Physical Activity, Sedentary Behaviour, and Sleep



### Adults 18-64 years

- Aerobic - accumulate 150 mins MVPA/wk
- Strength – at least twice/wk
- Sedentary time – limit to 8 hrs or less
- Sleep – 7 to 9 hours/night

### 24 hour day



### 65+ years

- Above plus
- Balance – activities that challenge balance
- Sleep – 7 to 8 hours/night

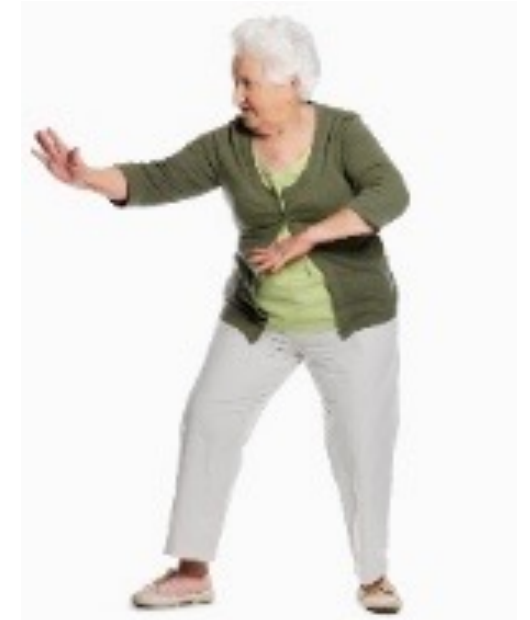
<https://csepguidelines.ca/>

# *Move More, Sit Less*

**Canadian and international guidelines ALL recommend physical activity and exercise for people with arthritis**

People with arthritis...

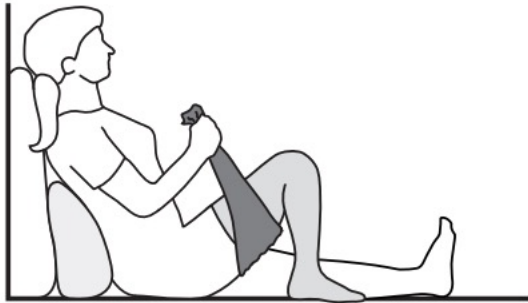
- are strongly encouraged to optimize their physical activity and minimize sedentary activity
- should be offered information and support to help them toward these goals as part of standard care
- should receive specific, individually tailored programs with professional guidance



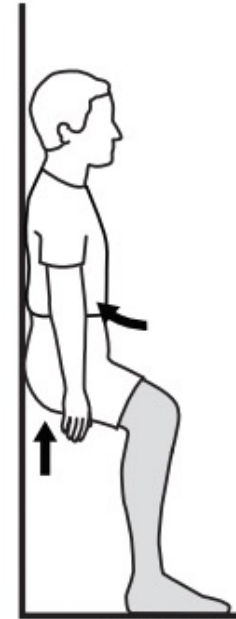
# Helpful exercises for arthritis

- Range of motion – daily for affected joints
- Stretching (flexibility) – daily for muscles that cross affected joints
- Strengthening (resistance training) – 2 or 3 times/week, target muscles that support and move affected joints
- Aerobics – moderate intensity, accumulate 150 mins/week, choose activities that don't stress affected joints
- Balance and coordination – 3 to 5 times/week

# So if your knee is affected...



**ROM**



**Strengthening**



# Movement break



# Barriers to physical activity

- Pain/disease activity
- Fear of making arthritis/joint damage worse
- Fatigue
- Don't know where to start
- Lack of motivation
- Lack of knowledge on what to do (guidelines)
- Lack of/inconsistent information from health professionals
- Costs
- Access to appropriate programs



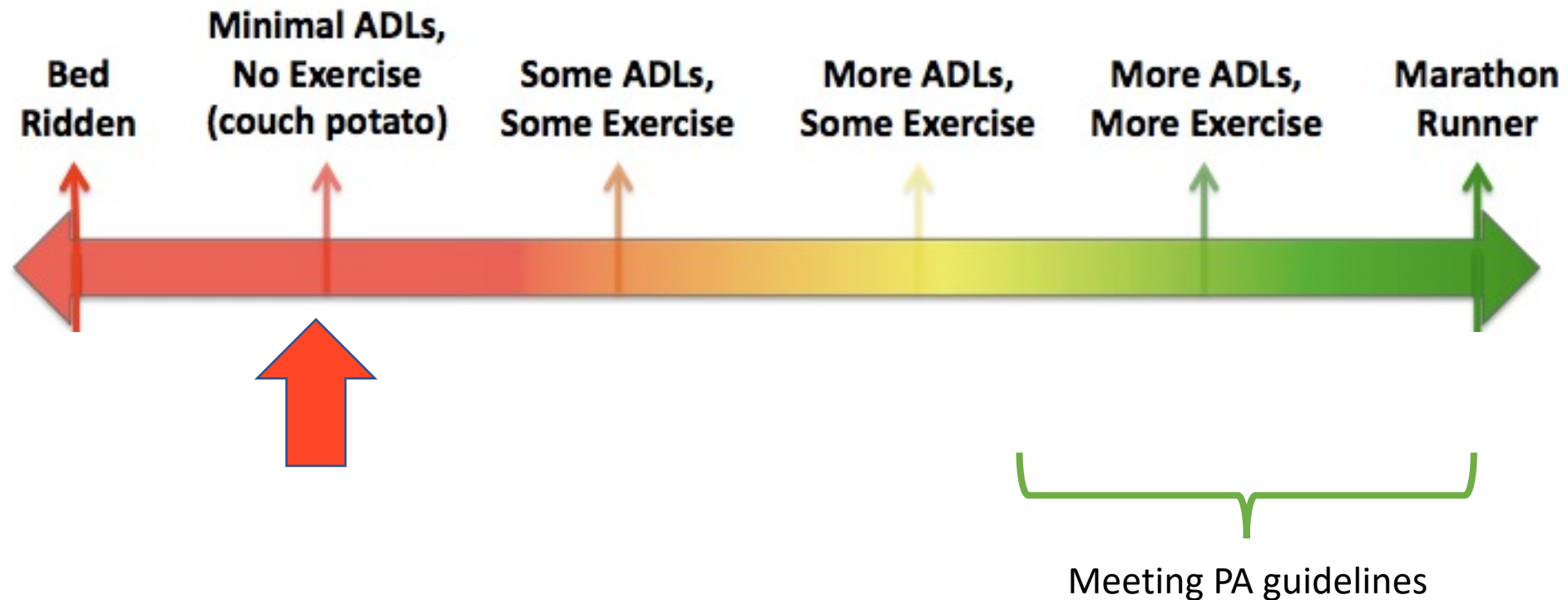


# Where to start

- Determine your current activity level (24 hour clock)
- Start where you are at!
- Set realistic goals (Sit less? Walk more? Improve balance?)
- Determine if you need professional guidance / exercise therapy
- Build on your interests, preferences, previous experiences
- Identify potential barriers & problem solve ahead of time
- Track & monitor (pedometer, activity log, calendar, smart phone)
- Find a friend or family member to support your efforts
- Have fun!



# Key is to nudge yourself along the PA continuum...



# If you need guidance/support

- Talk to your doctor or physiotherapist
- Look for a supervised program (Choose to Move, GLA:D, OASIS walking pole workshop)
- Call 811 or HealthLinkBC and ask to speak to an exercise specialist



- Find a physiotherapist with experience in treating arthritis



# Community-based exercise programs

**Choose**  
to **Move**

[www.choosetomove.ca](http://www.choosetomove.ca)

## Local community/rec centres

Joint Replacement Rehab (Richmond)

Joint Rehabilitation (North Shore)

Healthy Hips and Knees (OK YMCA)

Range of motion classes

MPAP website – arthritis friendly pool classes

**GLA:D™**  
CANADA

<https://gladcanada.ca/>

<https://gladcanada.ca/index.php/find-nearest-glad/>

## ABC Fitness Group

<https://vancouver.ca/people-programs/all-bodies-community.aspx>

# Therapeutic exercise resources

**Vancouver Coastal Health** | Mary Pack  
Arthritis Program

(inflammatory arthritis or complex OA at 4 sites)

<http://mpap.vch.ca/>



videos, booklets & classes

<http://oasis.vch.ca/manage-your-oa/exercise/>

Hospitals with arthritis services - Richmond, Lions Gate, Burnaby and Surrey Memorial

Find a Physio

<https://bcphysio.org/find-a-physio>



PHYSIOTHERAPY  
ASSOCIATION OF  
BRITISH COLUMBIA

FOR PHYSIOS

**Location**

Enter an address.

**Proximity (km)**

**Keywords**

**Areas of practice**

# Online resources

- The Arthritis Society  
[www.arthritis.ca](http://www.arthritis.ca)
- OASIS <http://oasis.vch.ca>
- AAC's Talk to your doc handout  
[www.arthritisalliance.ca](http://www.arthritisalliance.ca)
- OAAA <https://oaaction.unc.edu/>
- RheumInfo  
<https://rheuminfo.com/living-with-arthritis/>
- Joint Health  
<https://jointhealth.org/>
- HealthLinkBC  
[www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)
- Active for Health  
[www.healthlinkbc.ca/healthy-eating-physical-activity/active-for-health](http://www.healthlinkbc.ca/healthy-eating-physical-activity/active-for-health)
- Mary Pack Arthritis Program  
<http://mpap.vch.ca>

# Other ways to learn how to manage your condition

Sign up for newsletters

- CAPA

<https://arthritispatient.ca/news/>

- Joint Health

<https://subscribe.jointhealth.org/>

- Arthritis Society

[https://impact.arthritis.ca/site/SPageNavigator/signup.html?s\\_locale=en\\_CA](https://impact.arthritis.ca/site/SPageNavigator/signup.html?s_locale=en_CA)

Participate in research studies

- REACH BC

<https://www.reachbc.ca/volunteers>

- Arthritis Research Canada

<https://www.arthritisresearch.ca/participate-in-research/>

# Questions?

