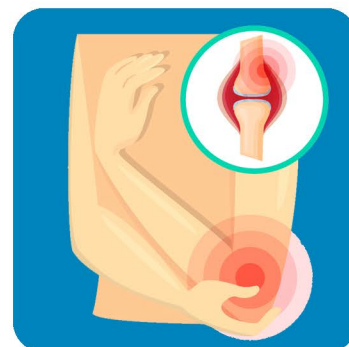


Exercise and Osteoarthritis

There are many forms of arthritis, most commonly osteoarthritis (OA) followed by rheumatoid arthritis (RA). OA is a joint disease which involves the degeneration of the articular cartilage through daily wear and tear. This condition usually affects the joints that we use the most including the knees, hips, hands and foot. Symptoms usually include pain, swelling and/or stiffness in the affected joint.



In Hong Kong



Osteoarthritis is prevalent in the senior population and mostly in women after menopause. In a 2000 study done in Hong Kong, 7% of men and 13% of women over 50 years of age were diagnosed with OA.

Why Can Exercise Help?



Exercise can help diminish pain and slow deterioration of the joint. Muscle strength and joint stability can be improved through resistance and aerobic exercises. This results in maintaining a healthy body composition and most importantly improved quality of life.

Exercise Recommendations

Aerobic Exercise



Be active at least three to four days per week working up to five days per week.



Exercise 150 minutes per week at a moderate level, build up to 250 minutes per week of vigorous activities.



Moderate types of exercise include brisk walking, light cycling, water exercise or dancing.

Resistance Training



Do resistance training two or three times per week.



Exercise at a moderate level.



Target to finish 2-4 Sets of 8-12 Reps for each exercise.



Begin with light resistance, targeting major muscle groups.

A combination of aerobic and resistance training leads to the BEST health outcomes

Tips for Getting Started

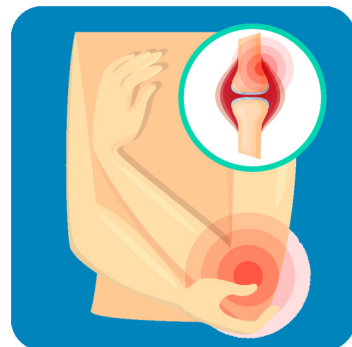
- Select low-impact and non-impact activities. Walking, swimming, water exercise and cycling are good choices to add to your daily routine.
- Start slowly, dividing your activity into many short sessions. Over time, adjust the intensity and length of your workouts based on your symptoms.
- A long warm-up and gradual cool down may help you avoid additional joint pain.

References

- 1) Harvard Health Publishing. (n.d.). Arthritis. Retrieved March 2, 2020, from <https://www.health.harvard.edu/topics/arthritis>
- 2) The Chinese University of Hong Kong Press. (2001, March 6). Osteoarthritis in Hong Kong Chinese - Prevalence, aetiology and prevention. Retrieved March 2, 2020, from <http://www.cuhk.edu.hk/ipro/010306e.htm>

運動與骨關節炎

骨關節炎(osteoarthritis)和類風濕關節炎(rheumatoid arthritis)是常見的關節炎種類之一。骨關節炎是關節退化性疾病，日常生活中關節活動使軟骨互相摩擦，引起頂層軟骨耗損及退化。骨關節炎最常見於膝關節、髖關節、手部和腳部，常見症狀包括疼痛、腫脹和關節僵硬。



本地情況



骨關節炎在年長人士及停經後女性中較為普遍。一項2000年進行的調查顯示50歲以上的男性有7%被診斷為患上膝關節炎，而女性則有13%。

運動怎麼可改善？



運動可舒緩關節疼痛和減慢惡化。阻力和有氧運動既能增強肌力和關節穩定性，又能維持健康的體脂比例，從而有效地改善生活質素。

運動建議

有氧運動



每週運動次數：每天盡量保持活躍，建議每周最少3-4次，目標增至每周5次。



運動時間：每周最少150分鐘中強度運動。



運動模式：選擇適合的運動，包括急步行、踏單車、水中運動或跳舞。



阻力訓練



每週運動次數：每周2-3次。



運動強度：中強度。



每次運動時間：每次2-4組，每組8-12次。



運動模式：從低阻力開始，針對主要肌肉群。

開始時注意事項

- 選擇對關節影響較小的低撞擊或非撞擊活動，可把步行、游泳、水中運動和踏單車等活動融入日常活動中。
- 按症狀調整運動計劃，靈活地調整強度和時間，可把活動分成小節，循序漸進地增加運練量。
- 增長熱身和緩和運動時間有助於減輕運動引起的關節痛。

參考資料

- 1) Harvard Health Publishing. (n.d.). Arthritis. Retrieved March 2, 2020, from <https://www.health.harvard.edu/topics/arthritis>
- 2) The Chinese University of Hong Kong Press. (2001, March 6). Osteoarthritis in Hong Kong Chinese - Prevalence, aetiology and prevention. Retrieved March 2, 2020, from <http://www.cuhk.edu.hk/ipro/010306e.htm>