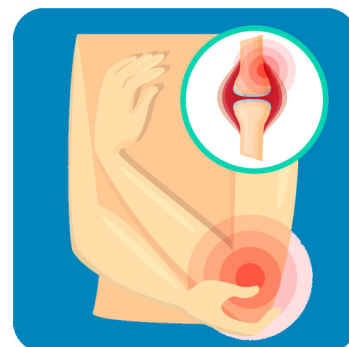


Exercise and Osteoarthritis

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



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>