

Physical Activity, Arthritis & Pain



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits for
Arthritis



Adaptations
to Exercise



Strategies to
Manage Pain

Key ideas:

- Physical activity can improve the symptoms of arthritis and its impact on your daily activity.
- Increase the amount and difficulty of exercise slowly at first.
- If you feel pain, take more rest between sessions or try different types of exercise.

The benefits of physical activity for arthritis

- Arthritis is a bone and joint disease that causes pain and stiffness in joints. The symptoms can limit mobility and everyday activities.
- Being physically active can reduce the pain associated with arthritis.
- As a result, you can also experience improvements in your functional abilities and better sleep with exercise.
- Being active can also help manage other chronic conditions that are common with arthritis such as diabetes and heart disease.

How do I stay safe and pain free in physical activity? Let's
talk strategy!

How do I exercise safely with arthritis?

- Start with low amounts of physical activity and progress over time.
- Choose activities that are joint friendly. This means activities that have little impact like walking, cycling, or swimming.
- Reduce the amount of exercise if your symptoms flare up.
- Talk to an exercise professional or physician if needed to help develop a safe and enjoyable program.

What type of exercise should I do?

- Do low impact aerobic activities most days of the week.
- Do strengthening exercises by challenging your muscles using your body weight, dumbbells, or resistance bands.
- Finish your workout with balance exercises and stretching.

How to get started

- Start slowly and progress over time.
- Any activity is better than none!
- Talk to an exercise provider or physician if needed.



Notes, reflections, and goals:

