



Arthritis Talks: How to get active again to help manage arthritis

Trevor Donald, *Physiotherapist, Saskatchewan*

October 20, 2021

Presenters



Dr. Siân Bevan

Chief Science Officer

Arthritis Society

(Moderator)



Trevor Donald

Physiotherapist

Saskatoon, Saskatchewan

Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Q&A' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Click here to chat or to submit a question

Overview

[1]

Strategies for starting and getting active again



[2]

Exercises appropriate for people with arthritis pain



[3]

Tips on when and how to increase your physical activity



With thanks to our partners

Sponsors

Series Sponsors

Diamond Sponsor:



Gold Sponsors:



Bronze Sponsors:



Friend Sponsor:



Q

What are some considerations for people living with arthritis who are thinking about getting active?



SUCCESS

➤ **Joints NEED activity to stay healthy**

➤ **Know Thyself**

Fun

Accessible

Structure

Time

➤ **Type of Arthritis**

➤ **Goals**



Q

How can people ensure they are exercising safely?



“Acceptable” Pain

RETURNING TO RUNNING ACTIVITIES



6-10

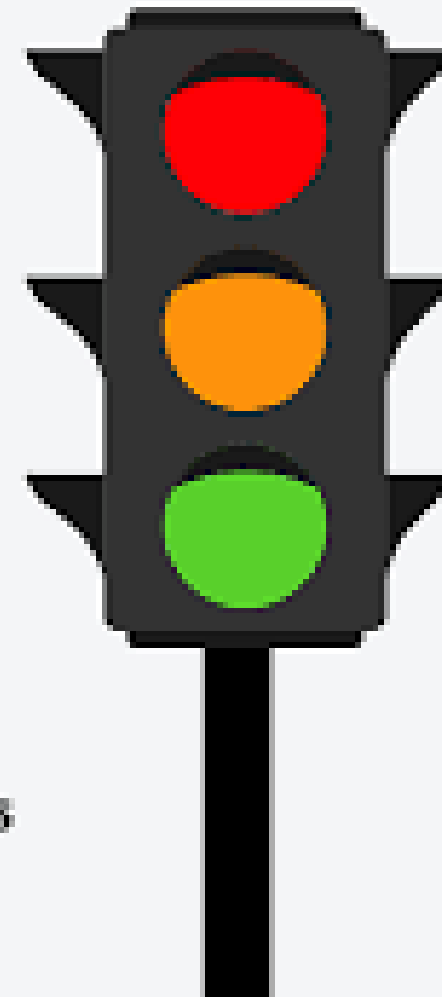
Excessive

4-5

Acceptable

0-3

Safe Zone



Mild Pain during activity settles
withing **24** hours



How can one get started exercising? Or get started exercising again?



Getting Started

➤ **Physical Activity vs. Exercise**

➤ **Individual vs. Group**

➤ **Recommendation:**

150 minutes per week of moderate level activity

30 minutes per day

20 minutes long, at least twice per week

10 minutes bouts



Q

What do you recommend when people are going through a flare?



Managing a Flare

3 Options - Continue, Stop, Modify

Maintain mobility

- Acute  Passive range of motion
- Subacute  Gentle pressure at end of range of motion

Medications

Aids

Passive treatment





When is it appropriate to take your physical activity to the next level?



When to Progress

Get it

Want it

Capacity to do it



Any final thoughts or recommendations?



Questions



Tell us what you think...



Upcoming Events

**November
Webinar**

Arthritis Talks: **Coping with Pain and Fatigue**

Learn about:

- What is pain
- What contributes to increased or decreased pain levels
- Strategies on how to manage pain
- How to communicate your pain in order to receive appropriate support and care

Register at:

Visit arthritis.ca/arthritis-talks or click the link in your email inbox

