



# Exercise and Rheumatoid Arthritis

Exercise and  
Rheumatoid Arthritis

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rheumatoid arthritis. Also, a person with rheumatoid arthritis can increase their strength and flexibility. Help the process of treatment and recovery of the disease.

## ► Adequate rest

Adequate rest can improve and manage rheumatoid arthritis. Adequate sleep also helps reduce inflammation, pain, and fatigue.

## ► Exercise and rheumatoid arthritis

Many people with rheumatoid arthritis are concerned about exercise. It may be due to fear of joint damage or pain. However, research shows that exercise is an essential part of controlling symptoms, and people with rheumatoid arthritis can engage in regular exercise without causing joint damage or worsening symptoms.

## ► Benefits of Exercise in Rheumatoid Arthritis

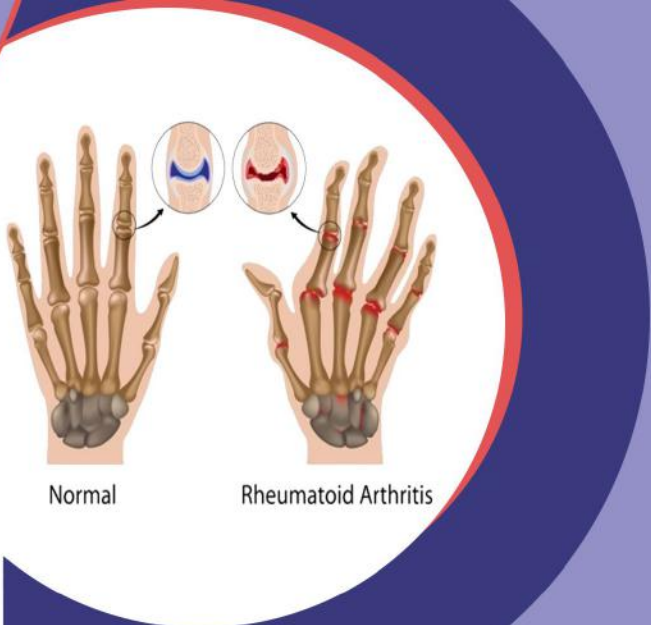
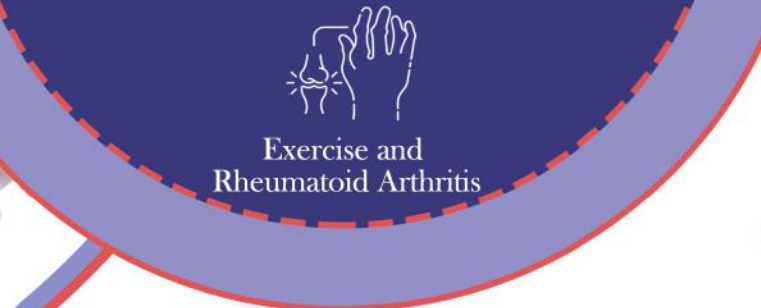
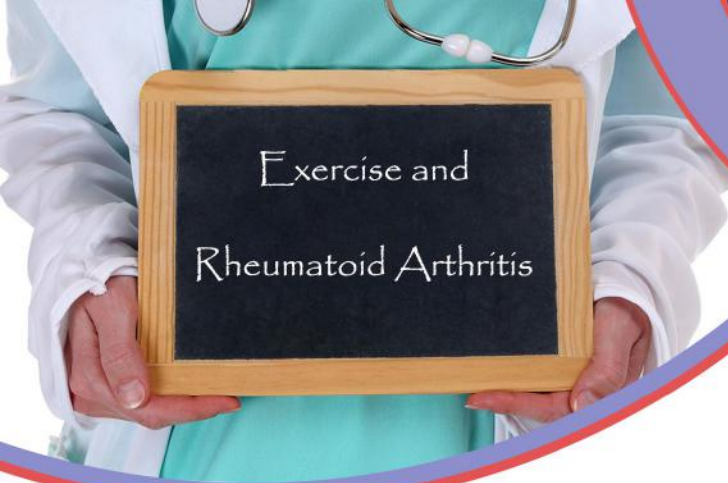
Exercise is an integral part of managing rheumatoid arthritis or RA. People with rheumatoid arthritis or RA who exercise:  
A higher level of fitness, Better muscle strength and size, More ability to do everyday tasks, Good mood and emotions.



## ► A variety of exercises beneficial for rheumatoid arthritis

Many activities are safe and effective for people with rheumatoid arthritis. Any activity that makes the muscles a little harder without increasing pain or other symptoms will be helpful. **The following exercises are the best options:**

Swimming, Yoga, Resistance exercises. Muscle weakness is widespread in rheumatoid arthritis. The combination of pain, fatigue, and the disease itself often leads to muscle weakness and loss. It can make the daily routine even more tiring. Research has shown that strength training can help prevent and even eliminate muscle weakness in rheumatoid arthritis.



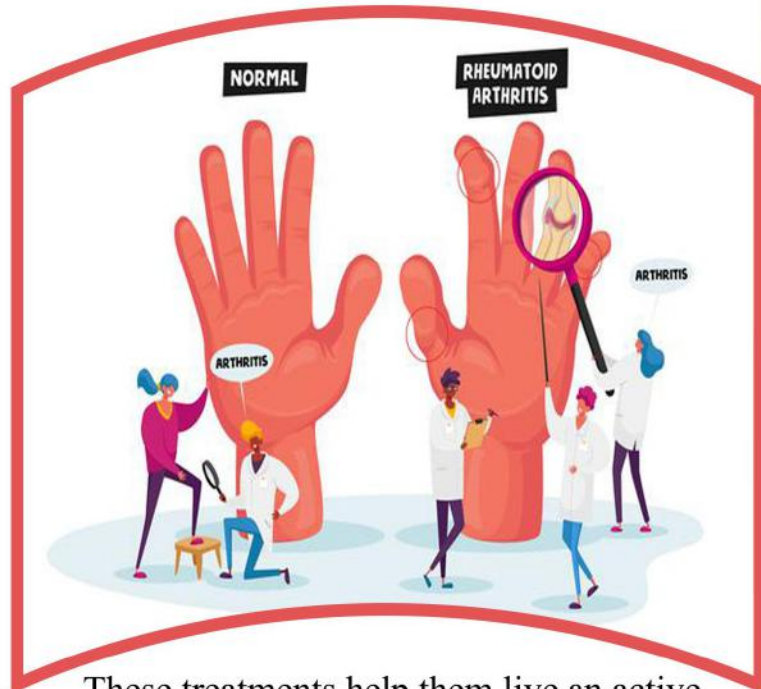
Rheumatoid arthritis is an autoimmune disease that can cause joint pain and damage to the body. The joint damage caused by rheumatoid arthritis usually occurs on both sides of the body.

► **Symptoms of Rheumatoid Arthritis**

Rheumatoid arthritis is a chronic disease characterized by symptoms of inflammation and pain in the joints. While the symptoms of rheumatoid arthritis can affect several organs in the body, **the common symptoms of rheumatoid arthritis include:** Joint pain, Joint swelling, Joint stiffness, Loss of joint function and deformity. Symptoms may vary from mild to severe. It is essential not to ignore the symptoms.

► **Treatment of rheumatoid arthritis**

There is no definitive cure for rheumatoid arthritis, but there are treatments that can help manage it. **Treatments may include the following:** Medicines, Alternative or home remedies, Diet changes, Certain types of exercise.



These treatments help them live an active life for many people and reduce the risk of long-term complications.

► **Home Remedies For Rheumatoid Arthritis**

Some home remedies and lifestyle adjustments may help improve a person's quality of life with rheumatoid arthritis, including exercise, rest, and assistive devices.

► **Exercise**

Low-impact exercises can help improve range of motion and increase mobility. Exercise can also strengthen muscles, which can help reduce pressure from the joints. Gentle yoga can also help a person with