



BlueResourceSM – Better Living – Coping with Arthritis

Reduce Pain, Stiffness and Swelling

Living with stiff and painful joints can take a toll on the strongest person. Today, millions of people live with arthritis. In fact, it's the leading cause of pain and disability worldwide. If you struggle with it, try these strategies to reduce your pain.

Keep your body moving. Walk, swim, take a yoga class, ride a bike. Aim for at least 150 minutes each week. Moderate, low-impact aerobic activity relieves pain and improves joint function.

Tip the scales in your favor. Stay a healthy weight. Drop excess pounds to reduce stress on your joints. Even a loss of 10 to 12 pounds can reduce pain and improve joint function.

Pay attention to your posture. Sit up straight with your back against your chair and feet flat on the floor. Stand tall with your head up and shoulders back.

Toss your cigarettes. Get rid of all tobacco. Tobacco may place stress on connective tissues, which can increase arthritis pain.

Nurture a positive attitude. Try not to focus on pain. Find ways to keep your mind on other things. Hobbies or spending time with friends and family are great ways to keep your spirits high.



Manage your arthritis and enjoy life.

Sources: *Five Proven Ways to Manage Arthritis.* Centers for Disease Control and Prevention. 2019.
Arthritis Pain: Do's and Don'ts. Mayo Clinic. 2020.
Four Tips for Managing Chronic Pain. Arthritis Foundation. 2020.

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