

# Arthritis Foundation Exercise Program

## **What is the Arthritis Foundation Exercise Program?**

The Arthritis Foundation Exercise Program is a physical activity program designed specifically for people with arthritis. This program uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina.

## **Who are the Instructors?**

All instructors have successfully completed the Arthritis Foundation Exercise Program Leader Training sponsored by the Arthritis Foundation.

## **Does it Work?**

The Arthritis Foundation Exercise Program has been shown to increase functional ability, increase self-care behaviors, decrease pain, and decrease depression.

## **Program Goals**

The **Arthritis Foundation Exercise Program** is designed to:

- Relieve stiffness;
- Restore or maintain joint Range of Motion;
- Increase flexibility of structures around the muscle;
- Restore or maintain muscle strength;
- Improve posture;
- Increase endurance.

## Characteristics of the Course

- Include active range of motion (vs. passive);
- Performed either in the sitting or standing position;
- Emphasize slow, rhythmical controlled breathing;
- Some resistance is supplied by gravity—especially in movements away from the floor. Therabands can be used;
- Emphasize relaxation;
- Can be adapted to various levels of ability;
- Should be performed at one's own pace;
- Does not replace therapeutic exercise.

## Who Offers the Course?

Community organizations committed to improving the quality of life for people with arthritis partner with the Arthritis Foundation North Central Chapter to offer the course. These organizations include faith communities, senior centers, YMCA's, senior housing sites or other organizations serving the community.

## Who Can Participate?

Any person having one of the more than 150 types of arthritis may attend the **Arthritis Foundation Exercise Program**. A spouse, other family member or friend may also attend.

## How Do You Register?

To register for the **Arthritis Foundation Exercise Program** in your area, please contact:

Michael Ramsey  
Arthritis Foundation North Central Chapter  
651-644-4108 ext. 112 (or 800-333-1380)  
[mramsey@arthritis.org](mailto:mramsey@arthritis.org)

