ARTHRITIS AWARENESS

Theme of the Month: May 2015
The various forms of arthritis share the following symptoms:

- Stiffness and Soreness
- Flaring
- Painful, swollen joints
- Reduced range of motion
- Intense pain after activity or towards the end of the day
What is Arthritis?

Arthritis can take many forms, but 3 of the common diseases that make up arthritis are...
Osteoarthritis

1. The most common form of arthritis

2. A progressive degenerative joint disease

3. Characterized by the breakdown of joint cartilage associated with risk factors, such as overweight/obesity, history of joint injury & age
Normal joint  

Joint affected by osteoarthritis

- Bone spur (osteophyte)
- Thinned cartilage
- Cartilage fragments
Rheumatoid Arthritis

• A systemic disease characterized by the inflammation of the membranes lining the joint

• Causes pain, stiffness, warmth, swelling and sometimes severe joint damage
Normal joint

- Cartilage
- Joint capsule
- Joint synovium
- Bone

Joint affected by rheumatoid arthritis

- Bone and cartilage erosion
- Swollen joint capsule
- Inflamed joint synovium
Juvenile Arthritis

• An umbrella term used to describe the many autoimmune & inflammatory conditions that can develop in children ≤16 years of age
Did you know?

• Arthritis is not just a disease of older age...

• Two-thirds of people with arthritis are under the age of 65, including 300,000 children
Myth #1

Arthritis is just minor aches and pains associated with getting older.
Fact:

Arthritis is actually a complex family of musculoskeletal disorders consisting of more than **100** different diseases or conditions that can affect people of all ages, races & genders.
Arthritis is the leading cause of disability in the United States
Myth #2:

Arthritis is not a serious health problem
Fact:

Arthritis places a growing burden on the health care & economic systems in this country.
Myth #3:

People with arthritis should avoid exercise

WRONG!
Fact:

ALL forms of exercise are valuable tools in the fight against arthritis!
Why Exercise?

• Strengthens muscles around your joints
• Improves joint flexibility
• Reduces joint pain
• Helps maintain bone strength
• Makes it easier to get a good night’s sleep
• Help you control weight
Types of Exercise: Range of Motion

- These exercises relieve stiffness and increase ability to move your joints through their full range of motion

- Sample range of motion exercises:
  - Flexion, extension, abduction of the wrist, ankles and digits
  - Shoulder shrugs and circles
  - Hip and knee bends
  - Torso Rotation and bending
  - Leg rotation
Types of Exercise: Strength-Building

• These exercise help you build strong muscles that support & protect your joints

• Strength Exercises include:
  • Push ups
  • Pull ups
  • Squats
  • Arm Curls/Extensions
Types of Exercise: Aerobic

• Aerobic or endurance exercises improve cardiorespiratory fitness and muscular endurance!

• Examples include: Walking, biking, swimming, hiking, etc.
Aqua Fitness

• Excellent option for individuals with arthritis
• No-impact exercise that allows you to move through various ranges of motion safely

• Try an Aqua Fitness class here at the LFC!

Monday, Wednesday & Friday
12 noon @ the University Pool
(Right across the street)
Did You Know?

Every one pound of weight loss results in four pounds of pressure taken off each knee!
Join us for our upcoming

ZUMBATHON!!

Tell your friends! All are welcome!

What?
Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome!

When?
Friday, May 8th @ 10 AM – 12 PM

Where?
KIN 110B at the LifeFit Center!

Contact Heather Mazzei at
heather.mazzei@csulb.edu or 562.985.2087
for additional questions

“Move More. Live Longer.”
CSULB has received Gold Level Recognition in the Exercise is Medicine on Campus program through the American College of Sports Medicine!

This means that our university promotes physical activity as a vital sign of health and creates opportunities for faculty, staff, and students to work together to improve health and well-being. We are honored that the LifeFit Center is part of this cause.
Have you heard about...

STRENGTH 4 LIVING

Reserve your spot in a summer cohort today! For more information, contact Heather Mazzei at heather.mazzei@csulb.edu or 562.985.2087

S4L Participants Have Experienced....

- Increased strength in upper & lower body
- Decreased blood pressure
- Decreased use of medication
- Weight loss
- Lowered body fat %
- Increased lean muscle mass

Strength 4 Living is a 16-week program, broken up into four 4-week phases. Each S4L cohort consists of 8-10 participants meeting 2 or 3 days per week for 75 minutes. Each session is a combination of circuit training and cardiovascular training. Pre-, mid-, and post-assessments help you track your progress. Each cohort is led by one of our qualified trainers.