

# Physical Interventions for Arthritis

**Whole Body Vibration with oscillation** (target decreased bone mass in those with Rheumatoid Arthritis)

Impact (based on study):

- Increase or slow down loss of BMD in RA and Osteoporosis
- Increase muscle strength
- Improve proprioception and balance
- Decrease pain and fatigue levels
- Increase peripheral blood flow and cardiovascular performance

**Therapeutic Exercise (strengthening, stretching)**

- PINCHING EXERCISES MAY BE CONTRAINDICATED AS REPETITIVE FINE MOTOR ACTIVITIES CAN EXACERBATE HAND JOINT SYMPTOMS CAUSING PAIN
- AROM when possible, PROM in the event that mobility is difficult
- Isometric exercises are preferred, Isotonic exercises may be performed if patient can tolerate it but do be cautious!
- Low impact aerobics, stretching, flexibility, and endurance training is good (swimming is great!)

**Education**

- Disease information, prognosis, and process
- Potential symptoms and solutions
- Joint protection
- Energy Conservation training across multiple contexts
- Task simplification
- Fatigue management