

Exercise, Sports & Osteoarthritis

Staying active is important to your health – but if you have joint problem, joint pain or osteoarthritis (OA), you need to choose the physical activities that benefit your body without causing you pain or injury.

Low impact sports and physical activities are ideal for people who live with joint pain or OA that may cause joint discomfort and stiffness. Positive effects have been reported across a wide range of physical activities, including one of the simplest forms of exercise: walking. Thirty minutes per day of aerobic exercise is ideal but it is recommended to perform at least 150 minutes of moderate intensity aerobic exercise per week.

Which activities are ideal for people with joint problems like OA?

Moderate intensity exercises are recommended for osteoarthritis patients



Vigorous intensity exercises that are not suitable for osteoarthritis patients



Benefits of Exercise and Sports

Sport participation has been shown to have numerous health benefits. Overall health benefits of exercise - heart health, lower blood pressure, improved metabolic health, bone density, depression, obesity are the reasons to keep active, even when you are experiencing joint pain or mobility problems.

Engaging in moderate intensity, low impact exercise can bring additional benefits that may improve the quality of life for those with joint pain or OA, including:

- **Decreased pain** – studies show that moving your joints can actually improve you pain symptoms.
- **Improved function and flexibility** – exercise helps to lubricate your joints, decrease stiffness and preserve your range of motion; allowing you to keep active longer.
- **Better balance** – regular physical activity can help to strengthen your muscles and improve your balance, which can decrease your risk of falling and sustaining an injury.
- **Boosted mood** – exercise has long been shown to help regulate mood in people with depression and anxiety. Being active may help you feel more energetic and more empowered to keep moving.

Regular exercise is important for relieving pain and improving function in people with knee and/or hip OA. Weight management is strongly recommended for people with knee and/or hip OA who are overweight or obese.

Nutraceuticals for Osteoarthritis

There is currently no cure for OA, but there are many treatments and approaches to managing the long-term symptoms of this disease.

The management of OA has mainly consisted of symptom management, i.e., reduction of pain and improvement of joint mobility, which relies on the combination of non-pharmacologic and pharmacologic approaches. Although important, the control of symptoms is not the only aim of treatment for OA patients. Numerous clinical trials worldwide have proven that glucosamine, chondroitin and methylsulfonylmethane (MSM) help to delay joint damage and preserve the joint structures, improve quality of life for OA patients.

Benefits	Glucosamine	Chondroitin	MSM
	Cartilage	✓	✓
Subchondral bone	✓	✓	✓
Synovial membrane		✓	
Synovial fluid	✓	✓	
Pain relief	✓	✓	✓
Joint protection	✓	✓	✓

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