TIME TO GET MOVING ON INCREASING PHYSICAL ACTIVITY IN ADULTS WITH OSTEOARTHRITIS

14. PHYSICAL ACTIVITY: EPIDEMIOLOGY AND ITS ROLE IN IMPROVING HEALTH IN ADULTS WITH OSTEOARTHRITIS

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Exercise is widely acknowledged as being beneficial for OA, reducing pain, improving physical and psychosocial health and wellbeing. Hence nearly all guidelines recommend therapeutic exercise regimens as core to its management. However, many people consider exercise a burdensome chore that requires ongoing time and effort, often extra financial costs. Hence participation in regular formal exercise is low. Since exercise is a subcategory of physical activity, common physical activities of daily living might be as effective in attaining the benefits of more formal exercise, but less burdensome, more accessible and more attractive. This presentation will look at the evidence that physical activity benefits OA, which physical activities are best and the barriers and facilitators to physical activity.

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