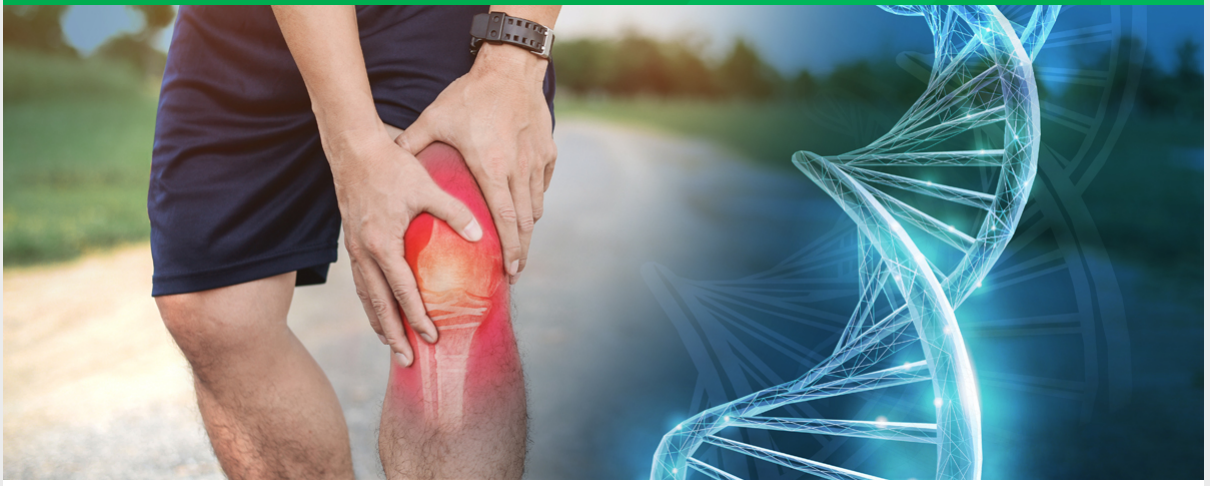


Arthritis Today

Updates & Tips to Live Your Best Life



What causes arthritis?

Are Genetics to Blame?

Understanding what causes arthritis has been a key question for researchers. Scientists have determined certain genes are associated with some forms of autoimmune arthritis, and they also believe other factors could be triggers. Find out what research shows about this genetic link to certain types of arthritis.

[Find Out if You Have It](#)

Women with rheumatoid arthritis who did **water-based exercises** 3 times a week for 16 weeks saw significant improvements in disease activity, pain and functional capacity compared to those who did land-based exercises.

Source: 2016 HydRA study published in American Journal of Physical Medicine and Rehabilitation



4 Steps to Cool Down and Limber Up

Remember what it was like to walk without aches? Get that sensation again by taking your workout to the water. Hit the pool this summer with these expert tips.

[Get Pain Relief in the Pool](#)



Pain Affects Kids With Arthritis, Too

Results from our Juvenile Arthritis INSIGHTS study show 77% of parents reported arthritis pain affected their child's daily activities and quality of life. Learn more about JA's impact on kids — and what we're doing about it.

[Read the JA INSIGHTS Results](#)

Learn Something New

Life Hack



The Truth About Gluten

Get the facts about the role of gluten in an anti-inflammatory diet and how to determine if you need to avoid it.

[FIND OUT →](#)

Recipe



Cocoa Banana Bread

Enjoy a healthy treat with this banana bread packed with antioxidant-rich ingredients like cocoa and walnuts.

[EAT UP →](#)

Movement



8 Low-Impact Exercises

Try these gentle moves for rest days to keep your joints flexible between workout days.

[GET THE MOVES →](#)

Made for You



This Watering Wand Is Magic

The Melnor Watering Wand takes the pain out of gardening. With an easy-to-operate thumb control, you'll never have to squeeze a trigger again. And the wand's RelaxGrip handle provides a more comfortable grip, so you can get more done without putting strain on your wrists and hands.

[BUY NOW →](#)

Your everyday tasks don't have to be a pain. The Ease of Use program recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.

