

Arthritis Today

Updates & Tips to Live Your Best Life



May is a time for celebration — from honoring moms to reflecting on the Arthritis Foundation's 75 years of progress to recognizing people with arthritis during Arthritis Awareness Month. Keep the good feelings going all month long by learning about new treatments that could improve your life, how people with arthritis are inspiring others and what you can do to relieve pain.

FDA Clears New Type of Knee Implant

The first implantable shock absorber for people with early-stage knee osteoarthritis has just been approved by the FDA. The MISHA Knee System reduces the normal weight-bearing load and relieves stress on the joint.

[Learn About the Implant](#)

Meet Abby: Youth Honoree, Author, Teen, Mentor

The 2023 Walk to Cure Arthritis youth honoree is no stranger to chronic disease — she's living with three of them. Find out how Abby is managing and thriving, all while inspiring others.

[Read Abby's Story](#)

Learn Something New

Healthy Hobby



Garden Hacks

Get the physical and mental health benefits of gardening without the risks.

[GET GARDENING TIPS →](#)

Research

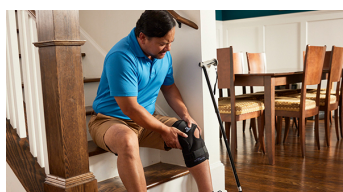


Personalized Treatments

Learn how genetic markers could be used to personalize rheumatoid arthritis treatments.

[READ ABOUT RA RESEARCH →](#)

Life Hack



Walk This Way

Trouble walking? Get advice on the best time to start using a cane.

[WATCH VIDEO →](#)

Made for You



IMAK Compression Arthritis Wrist Sleeve

Don't let wrist and thumb pain keep you sidelined. Try the IMAK Compression Arthritis Wrist Sleeve for all-day comfort and pain relief.

[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.