

Arthritis Today

Updates & Tips to Live Your Best Life



Need some inspiration and motivation? Check out our easy cleaning hacks, tips to stay active and how our advocacy team is working for you.

Less Strain, More Sparkle

Scrub smarter, not harder! Try these 10 joint-friendly cleaning tips to keep pain out of your routine.

[Get Helpful Tips →](#)

8 Ways to Move More, Hurt Less

When it comes to arthritis, motion is medicine. Find out how exercise can help ease pain and improve mobility.

[Get Moving! →](#)



A Sweet Treat for Wellness

Indulge in these delicious, arthritis-friendly chocolate chunk and nut chewies — easy to make and packed with flavor!

[Get the Recipe →](#)

We're Looking Out for You

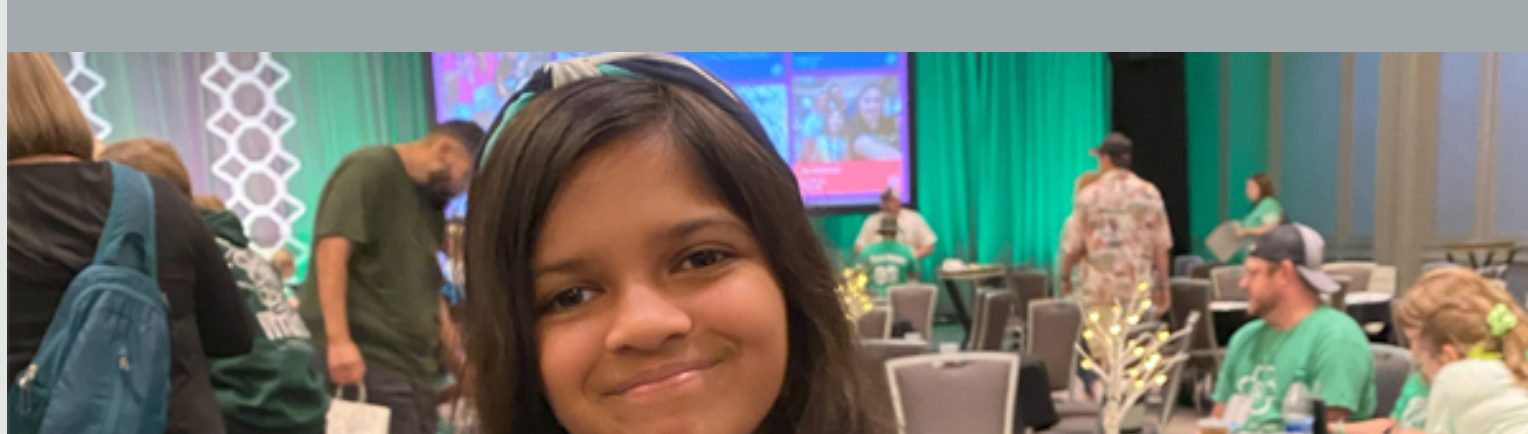
We're urging the government to keep people with arthritis in mind as federal health policies change.

[See What We Said →](#)

Leading the Way in OA Care

The Arthritis Foundation is at the forefront of osteoarthritis care. See how innovative programs are changing people's lives.

[Find Out How →](#)



From Pain to Advocacy: Siya's Story

Diagnosed with juvenile arthritis, Siya turned pain into purpose. Discover her incredible journey and why she walks for a cure.

[Meet Siya →](#)



Designed for You

Melnor® Metal RelaxGrip® Thumb Control Multi- Pattern Nozzle

[Check It Out →](#)



[Ease of Use Certified®](#) products and packaging are tested and proven easy to use for people with arthritis.

With your gift, we can fund new research, advocate for patient rights and connect the arthritis community through our free tools and resources.

[Donate today and be a part of the cure.](#)