

The Arthritis Foundation presents:  
***Finding Hope Through Movement***



# About Me: Angela Laborde

## Diagnosed with psoriatic arthritis in 2023 at 29

- Four years after symptoms started

## Arthritis Foundation volunteer since 2024

- Co- facilitator for Movement Matters Connect Group and Psoriatic Arthritis Connect Group

## Why this topic matters to me:

- Active most my life – grew up dancing, baton, colorguard
- Marathon runner, lover of strength training and Pilates
- Still learning how to navigate this “new normal”

# Event Program

- ✓ Muted
- ✓ Presentation
- ✓ Demo
- ✓ Q&A
- ✓ Survey
- ✓ Resources available after:



[Arthritis.org/WEBINARS](https://Arthritis.org/WEBINARS)

# POLL: How do you rate your activity level?

a) **Sedentary** - not active at all b/c of arthritis

b) **Mostly sedentary** – only when I feel up to it

c) **Lightly active** – only when pain is low

d) **Moderately active** – some days despite pain

e) **Very active** – most days despite pain



# Tonight, You'll Learn:



WHY movement matters for arthritis



HOW often to exercise for arthritis management



WHAT exercises to do and ways to adapt your favorites



# This Webinar is About *Movement*

For more in-depth information:

- ✓ [Arthritis.org/health-wellness](https://www.arthritis.org/health-wellness)
- ✓ [Arthritis.org/webinars](https://www.arthritis.org/webinars)
- ✓ [Arthritis.org/podcast](https://www.arthritis.org/podcast)
- ✓ [Arthritis.org/YESTOOL](https://www.arthritis.org/YESTOOL)



# Tonight's Expert – Dr. Karena Wu, DPT



- Owner, Clinical Director
  - ActiveCare Physical Therapy
    - New York City and Mumbai
- Doctorate of Physical Therapy, Temple University
- Master's of Physical Therapy, Columbia University
- Board Certified Clinical Specialist in Orthopedic Physical Therapy
- **Chair – Local Leadership Board, New York**



Uses holistic approach  
for best results

# *Why* Movement Matters

# Disclaimer:

This program is brought to you by the **Arthritis Foundation**.

***It is intended for educational purposes only and should not replace medical advice from your doctor or physical therapist.***



**ALWAYS** Talk to Your Health Care Provider Before Making Changes to Your Care Plan!

# Life Doesn't Stop Because of Arthritis!

Movement isn't just possible, it's ***necessary***.



It's the "oil" that helps lubricate your joints.



# Myth: Movement Makes Pain Worse

Movement is essential to keep joints mobile, **even in a flare!**

## Movement benefits the **WHOLE** you:

- ✓ Improves energy
- ✓ Lowers body-wide inflammation
- ✓ Helps sleep
- ✓ Increases BDNF (brain-derived neurotrophic factor)
- ✓ Relieves anxiety and depression
- ✓ Releases natural “pain killers” (endorphins)



# Exercise Can Help Change Your Brain!

The way you respond to pain impacts your **experience** of it.

## Behavioral Activation

- ✓ “**Tricks**” **brain** into paying less attention to pain
- ✓ Breaks **pain-avoidance** cycle
- ✓ Acting **first** to feel better
- ✓ Trains you to **feel joy** alongside pain



Example – taking a walk with a friend



# Let's Break Down This Title...



**HOPE** vs. **FEAR**



**MOVEMENT** vs. **EXERCISE**





# This Topic Is *Personal!* How I Found “Hope”

R hip Arthritis @ 35

Bilateral Knee ‘sounds’ @ 39

L knee OA Diagnosis @ 48

L knee Surgery @ 49

B knee Stem Cells/PRP @ 50



# *How to Get Started*

# Not Sure Where to Start? Just **MOVE!**

**M**

**MEET** yourself where you are.

**O**

**OPT** for strength, mobility and flexibility.

**V**

**VALUE** progress, not perfection.

**E**

**ENJOY** what you're doing.



Meet Yourself  
Where You Are

# M: Meet Yourself Where You Are

No specific “**arthritis**” workout plan

Because no “*one size fits all!*”

- ✓ Listen to **YOUR** Body
- ✓ Knee pain - “mini” squats or sit to stands
- ✓ **Modifications**
  - **Even if you’re very active!**



Neck & Back Exercises

Maintain the strength and range of motion in your neck and back with proper stretching and resistance exercises.

[Learn More →](#)



Shoulder Exercises

Use these moves and modifications to safely keep your shoulders strong and flexible.

[Learn More →](#)



Chest Exercises

Strengthen your chest and retain your range of motion in your upper torso with a few key moves.

[Learn More →](#)



Arm Exercises



Hip & Buttock Exercises



Leg Exercises



[Arthritis.org/YESTOOL](https://www.Arthritis.org/YESTOOL)



# What Counts as Exercise? Everything!

✓ **“Traditional” Exercise** –  
cardio, strength, flexibility,  
balance

✓ **Everyday MOVEMENT** –  
gardening, walking the dog,  
parking far from the store  
entrance, dancing



Squats in the kitchen  
or garden count, too!



# Walking Is a GREAT Place to Start!

## Walk with Ease Program

### Proven to:

- ✓ Reduce pain
- ✓ Increase balance, strength and walking pain
- ✓ Build confidence
- ✓ Improve overall health



[Arthritis.org/WWE](https://www.Arthritis.org/WWE)



# How Often Should I Exercise?

“Official” Recommendations vs. *Reality*

## US Dept Health and Human Services

Endorsed by Arthritis Foundation and OA Action Alliance

✓ **150 minutes of moderate-intensity aerobic exercise/week**

**OR**

✓ **75 minutes of vigorous-intensity aerobic exercise/week**

**OR**

✓ **Combination of two (about 30 minutes a day)**



Do the talk test!



# Benefits are CUMULATIVE

## Just Start!

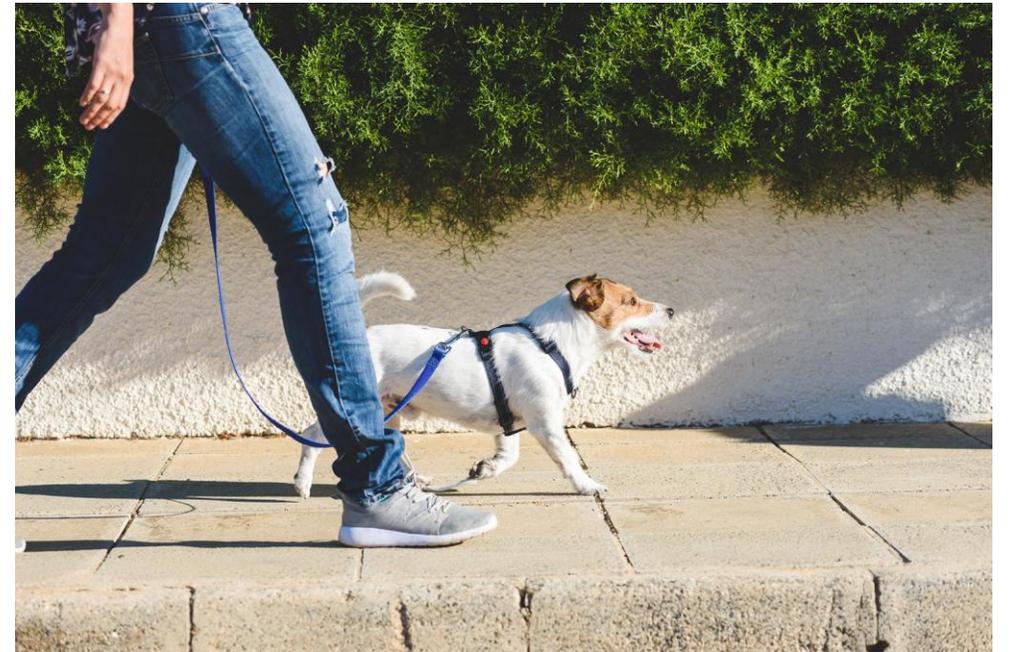
- MOVEMENT > “EXERCISE”

## SMALL Steps ADD UP

- Take “**exercise snacks**”
- Walk for 10 minutes after every meal?
- Stand up and stretch every hour?



Just 5-10 min x day can help!



# Hack Your Habits

Enjoyable (more on that later)

Easy

- Gym – no more than 4 miles away from home or work

Stack Them!

- Movement breaks after set routines

Make a plan

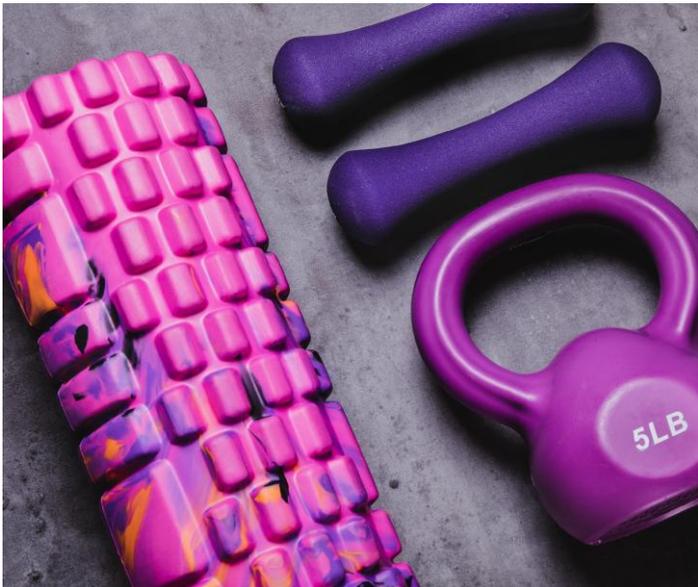
- 2x to 3x more likely to follow through if you make a specific plan (when, where and how)



# Opt for Strength, Flexibility, and Balance

# O: Opt for Strength, Flexibility, Balance

Well-rounded routine – *strength, balance, flexibility*



**REMEMBER!** Movement > “Exercise”  
This is for those who want formal guidance!



# Strength

Builds muscles around joints – ***takes the load off joints.***

## Examples:

- Free Weights – 8-12 reps, increase load by 2-3 lbs
- Machines
- Resistance Bands
- Body Weight (Calisthenics)

All about FORM!



2-3x a week





# Flexibility

Lubricates joints and maintains *range-of-motion*.

## Tips:

- Morning – combat stiffness
- Avoid stretching cold muscles
- Warm up with dynamic stretching
- Make time to cool down
- **Good for “flare” days!**

## Examples:

- Yoga
- Shoulder and neck rolls
- Flex and pointing feet
- Knees to chest (lying down)



5-10 min daily



# Balance

Maintains stability and helps prevent falls.

## Examples:

- Tai Chi
- Yoga
- Single-leg stance
- Calf raises
- Walking backwards



2x a week





# Combine All Three or Start Slow

Sounds like a lot? **Don't overthink it!**

✓ **Pilates – my favorite!**

✓ Water Aerobics

✓ Cycling

✓ Rowing

✓ Elliptical

✓ Walking



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Start slow and choose  
**SOMETHING!**



# Consider Working with a PT

- Help you **SAFELY** craft routine with **PROPER FORM!**
- What to look for – **Manual Therapy**
- Proactively use your insurance!



Give it at least  
6 weeks!



# More Hopeful Stories



# MOVEMENT MATTERS CONNECT GROUP

**Sunday, March 22; 12pm ET**  
**Low-Impact Aerobics with Resistance**  
**Intervals**

COMBO EXERCISE!

Can be done seated OR standing!



**Explore the more than 50+ in-person and online support groups.**  
**Find groups by topic, disease type and location here:**



[connectgroups.arthritis.org](https://connectgroups.arthritis.org)



# Value Progress, Not Perfection

# V: Value Progress, NOT Perfection

Have realistic goals to set yourself up for **success**.

## Results take time

- How long until you start to reap benefits?
- **Ditch “all or nothing”** thinking – research shows this is harmful to progress
- **Consistency is KEY**

## Keep a log of your progress.

- Monitor – how do you feel **NOW** compared to then?

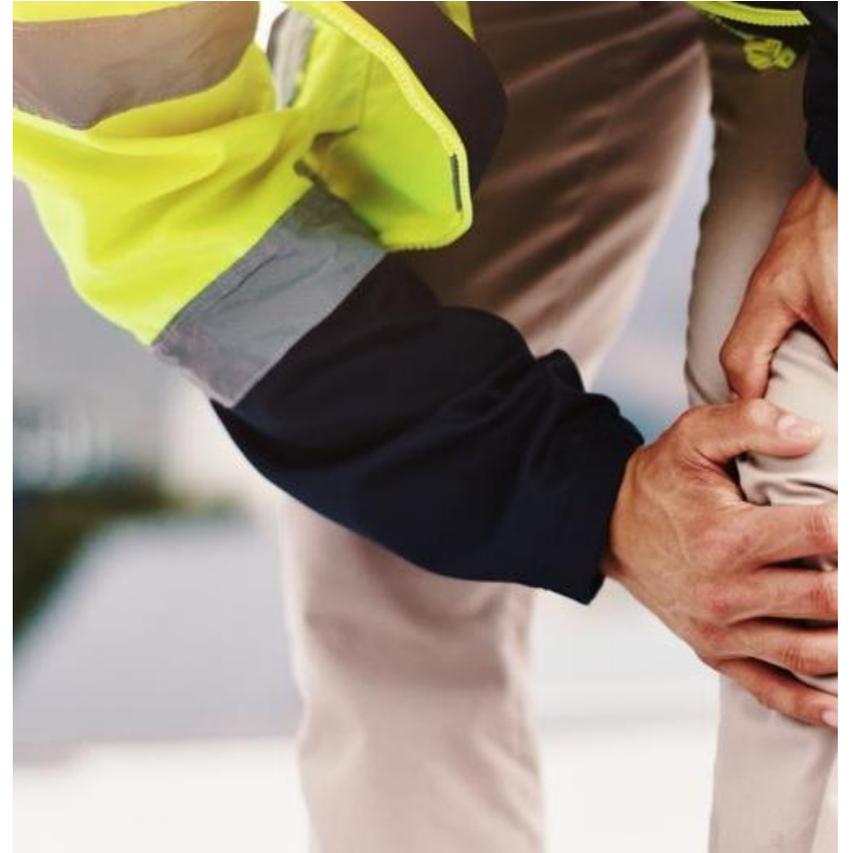


**ANY** amount of movement is **VALUABLE!**



# Reminder: Pace Yourself

- Too much exercise even on “good days” can cause **more pain**
- “Rigorous” exercise differs for everyone
- **REST IS ESSENTIAL TO GET STRONGER!**



Soreness vs. pain  
– **2-hour rule**



Enjoy What You're  
Doing

# E: Enjoy What You're Doing

The best exercise is the one you'll **actually do!**

Dancing

Gardening

Yoga

Hiking

Water aerobics



# What If What I Like Is Harmful?

Adapt **OR** Alternate



[Arthritis.org/YESTOOL](https://www.arthritis.org/YESTOOL)



# Common Modifications



Photo – Joseph Maratt, MD

**SQUATS:**  
MINI SQUATS  
OR  
SIT TO STAND (DEMO LATER)



Photo –Trainer by SkimbleWork

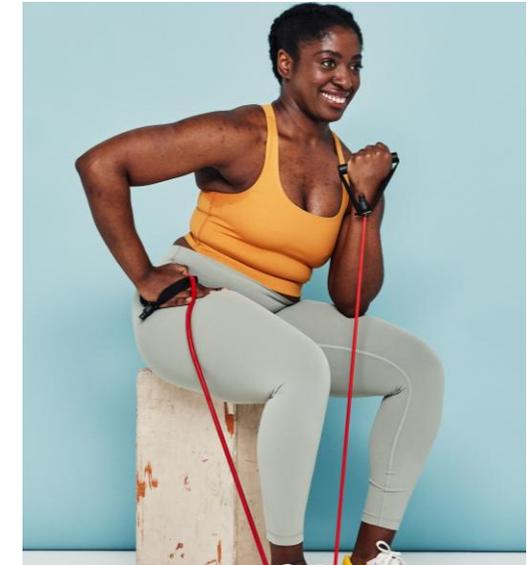
**PUSH-UPS/PLANKS**  
Wall Push Ups, Push Ups w/Weights,  
Forearm plank



Photo- YogaJournal



Photo –Trainer by SilverSneakers



**RESISTANCE BANDS vs. FREE WEIGHTS**



[Arthritis.org/YESTOOL](https://www.Arthritis.org/YESTOOL)



# Summary



Listen to YOUR Body.



Start slow, working up to 30 minutes most days.



Choose joyful movement you'll stick with.



Don't overthink it! Do what you can first – work up to combo exercises.



Celebrate your wins!



# Find Me!



*ActiveCare Physical Therapy,  
PC – New York, NY*



[www.bestptnyc.com](http://www.bestptnyc.com)



@Karena.Wu.963



# Demo – Exercise “Snacks”

# YES TOOL – [ARTHRITIS.ORG/YESTOOL](https://www.arthritis.org/yes-tool)



Shoulder Blade  
Squeeze –  
Back and  
Chest



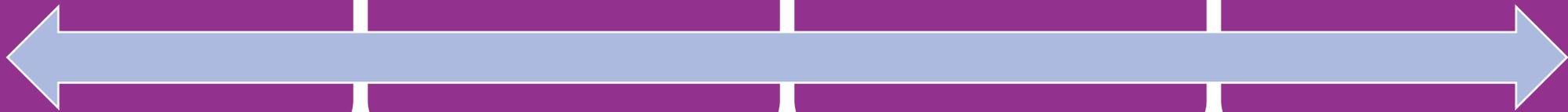
Trunk Rotation  
– Stiff Back



Heel and Toe  
Taps – Legs



Sit to Stands –  
Glutes, Knees,  
Balance



# Questions?

1.800.283.7800 / [helpline@arthritis.org](mailto:helpline@arthritis.org)

- Better understand your disease
- Interpret your insurance coverage
- Connect with other people like you
- Get involved and Volunteer



# Upcoming Webinars



**March 26** : Family, Fertility and Thriving with Arthritis

**April 23**: Eating Made Simple for Arthritis



Register Here:  
[Arthritis.org/webinars](https://www.arthritis.org/webinars)



# Upcoming Virtual Connect Group Events

## Osteoarthritis

- Feb 27;  
3:00 p.m. ET
- *Coffee and Conversations*

## Newly Diagnosed

- March 12;  
7:30 p.m. ET
- *Empower Yourself with Tools*

## Rheumatoid Arthritis

- March 12;  
3:00 p.m. ET
- *Coping Tools to Thrive*

## Movement Matters

- March 22;  
12p.m. ET
- *Low Impact Aerobics with Resistance Intervals*

**Explore the more than 50+ in-person and online support groups.  
Find groups by topic, disease type and location here:**



[connectgroups.arthritis.org](https://connectgroups.arthritis.org)



# We Want YOU!

Camp counselor recruitment has begun!

## Applicants must:

- ✓ Be 18+
- ✓ Not a parent or guardian of a current camper
- ✓ Complete application
- ✓ Participate in an interview
- ✓ Background check

**Help make lasting memories!**  
**Applications close 4/30.**  
**CAMP registration closes 3/31.**



**Interested?**

Email: [cdailey@arthritis.org](mailto:cdailey@arthritis.org)

visit: [arthritis.org/ja-camps](http://arthritis.org/ja-camps)



# Thank You!

Take the survey and let us know what you think!

Join us next time – recordings and resources:

**[Arthritis.org/webinars](https://www.arthritis.org/webinars)**

