



Got spring fever? We've got a fresh batch of arthritis-friendly lifestyle tips to help you make the most of the season.

Gardening Tips You'll Dig

Tend to your garden without extra pain. This podcast offers practical advice for staying active and enjoying time outdoors.

[Smart Gardening Starts Here](#) →

Updates in Osteoarthritis Research

Discover how the Arthritis Foundation is funding cutting-edge research to advance osteoarthritis care and improve outcomes for people everywhere.

[Be Informed](#) →

5 Upper-Body Moves Made Easy

Build upper body strength at home with joint-friendly moves — and feel stronger and more confident each day.

[Watch Our Short Videos](#) →

PsA Study

If you are an adult living with psoriatic arthritis (PsA) and have previously tried one biologic medication for PsA or psoriasis, you might qualify to participate in a clinical trial to study the safety and efficacy of an oral investigational medication.

[See If You Qualify](#) →



Grab-and-Go Breakfast Burritos

Less scrambling, more savoring! These easy, make-ahead burritos keep your mornings smooth and your breakfast on point.

[Get the Recipe](#) →



Designed for You

The Easy Way Effortless Lip Liner

Featuring a cushioned grip that allows easy application

[Check It Out](#) →



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

Green Heart Fridays returns for Arthritis Awareness Month in May! [Share your support locally and online.](#)

