



Brandon D. Larkin, MD
2013 Jingle Bell Run/Walk Medical Honoree
St. Louis, Missouri

Dr. Larkin is a native of St. Peters and has been providing the highest quality care in sports medicine and non-surgical Orthopaedics to patients of all ages at Advanced Bone & Joint, formerly St. Peters Bone & Joint since 2007. Dr. Larkin has specialized training in the promotion of lifelong fitness and wellness, as well as the treatment and prevention of illness and injury. He is able to help both athletes and non-athletes maximize function and minimize disability and time away from sports, work, or school.

Dr. Larkin has helped his patients with arthritis by keeping them informed with articles like the one below:

Exercise Helps Decrease Arthritis Pain!

Did you know that arthritis is the leading cause of disability in the United States? Twenty-two percent of adults have arthritis. For many of my patients a diagnosis conjures up fears of needles, medication side effects, and ultimately--surgery. Most look at me with disbelief when I tell them that exercise--even weight-bearing exercise--may actually help alleviate their pain.

Numerous medical studies have shown that physical activity is an important but underused intervention for adults with arthritis that decreases pain, delays the onset of disability, improves physical functioning, mood and independence, and enhances quality of life, aerobic capacity, and muscle.

Here are some recommendations for all adults:

- *2 ½ hours of moderate intensity, or 1 ¼ hours a week of vigorous aerobic physical activity.*
- *Additional health benefits are provided by increasing to 5 hours a week of moderate intensity aerobic physical activity, or 2 ½ hours a week of vigorous intensity physical activity, or a combination of both.*
- *Muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.*

Brisk walking is a good example of moderate-intensity exercise, and more intense jogging is considered vigorous. Biking and swimming are also good options. It is often difficult for folks to find time in their busy schedules to exercise, but the great thing is that these periods of exercise can be broken up into small chunks. Even a 10 minute bout of exercise is worth it. Strive to do enough of these a week to add up to the recommendations above. Those knees won't ache as much if you do!

The Arthritis Foundation is proud to have Dr. Larkin as our 2013 Jingle Bell Run/Walk Medical Honoree.

About the Arthritis Foundation

The Arthritis Foundation (www.arthritis.org) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.