

Stay active – gentle sports for those with osteoarthritis



Sport or rest?

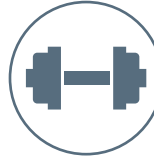
Whether it is for prevention or those who already have osteoarthritis – movement and activity are essential

When in pain, people often prefer to rest and try to move the knee as little as possible. This is precisely the wrong thing to do. Lack of exercise is one of the main risk factors for arthrosis.

Targeted training strengthens the joints:



Muscles



strength



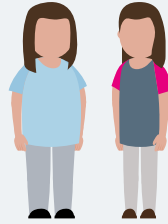
Coordination



Movement produces more synovial fluid, which leads to less abrasion.

Prevention:

The Framingham study showed that the risk of women developing arthrosis can be reduced by **50 percent** by losing around **5.1 kilograms** and lowering their BMI by around two points.¹



The right sport for you

For more than every second couch potato, health complaints are an incentive to take up sport.²



Beneficial sports with gentle movements³

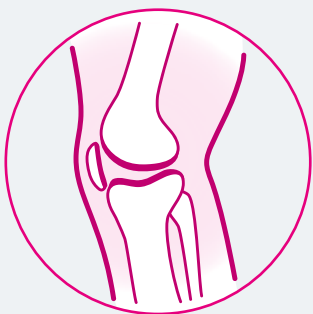


Beware of:
Alpine skiing, tennis, squash, horse riding

Sustainable effect:
Studies show that therapeutic exercises for knee osteoarthritis continue to have an effect after **2 to 6 months**.⁴



Adjust your exercise and sports routine to your state of health and discuss it with your doctor / physiotherapist.



Fit and healthy – Integrating sport into everyday life

Cartilage is supplied both by blood vessels and the synovial fluid. For this to work well, regular strain and relief is required.⁵

medi Tip:

If possible, get up every **30 minutes**, walk a lot and ride a bike. In addition, aim to get a total of **2.5 hours of targeted**, gentle training per week. It's easy – that's just 30 minutes per day.



Quellen:

¹ Felson DT et al. Weight loss reduces the risk for symptomatic knee osteoarthritis in women. The Framingham Study. Ann Intern Med 1992;116(7):535–539.

² Beweg Dich, Deutschland. TK-Bewegungsstudie 2016; Techniker Krankenkasse. Online veröffentlicht unter: <https://www.tk.de/techniker/unternehmensseiten/unternehmen/broschueren-und-mehr/bewegungsstudie-2016-2026690> (Letzter Zugriff 02.05.2018).

³ Orthopädie und Unfallchirurgie up2date 2016; 11(02): 81–98, Online veröffentlicht unter: <https://www.thieme-connect.de/products/ejournals/html/10.1055/s-0041-108361#N66659> (Letzter Zugriff 24.07.2018).

⁴ Exercise for osteoarthritis of the knee: a Cochrane systematic review, Br J Sports Med. 2015 Dec;49(24):1554–7. Online veröffentlicht unter: <https://www.ncbi.nlm.nih.gov/pubmed/26405113> (Letzter Zugriff 24.07.2018).

⁵ Deutsche Gesellschaft für Endoprothetik. Online veröffentlicht unter: <https://orthinform.de/aktuelles-informatives/arthroserisiko-aeraet-zu-mehr-bewegung> (Letzter Zugriff 14.11.2017).