

### **Weight and Joint Health:**

Osteoarthritis (OA) is the most common joint disorder, with symptoms in the hands, knees, hips, back, and neck. It is unclear how excess weight influences osteoarthritis; however, it is clear that the heavier you are the greater the pressure is that is placed on your knees, hips, and back. Being only 10 pounds overweight increases the force on the knees by 30-60 pounds with each step. This increases stress and could possibly speed the breakdown of cartilage in your joints. For example, it is estimated that a force of nearly three to six times your body weight is exerted across your knees while walking.

If you are over the age of 18, and you have a BMI (Body Mass Index) over 25, please follow up with your primary care doctor to discuss weight management options.

### **Diet and Supplements:**

Eating a healthy diet is important for overall health and wellness. Although there is no special diet that has been proven effective for treating arthritis, a healthy diet emphasizing fruits, vegetables, and whole grains can help you control your weight and relieve pressure on knee joints.

There are also supplements, such as glucosamine, chondroitin, calcium, and vitamin D, which may be beneficial for joint and bone health.

### **Exercise and Joint Health:**

As we get older, our bodies change. Muscle size and strength decrease primarily due to inactivity. Bone mass and density decrease, increasing susceptibility to fractures. Tendons and ligaments become less elastic, making overuse injuries more common. Thirty minutes of physical activity a day can help individuals feel better and it can prevent some medical conditions. Even individuals with chronic conditions, such as osteoarthritis and osteoporosis, can benefit from a balanced fitness program.

Joint inflammation and cartilage degeneration often occur due to arthritis. Exercise is very important for individuals with arthritis. Exercise helps keep the joints flexible, the muscles around the joints strong, bone and cartilage tissue strong and healthy, and it can reduce pain. Engage in a balanced fitness program that includes walking, swimming, cycling, and stretching exercises. Avoid exercises that place excessive stress on the joints, such as high-impact workouts, running, or competitive sports activities.

\*Always consult with your doctor before beginning an exercise program.

### **Resources:**

BMI Calculator: [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

The American Academy of Orthopedic Surgeons: [www.aos.com](http://www.aos.com)

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673 or visit <http://www.thecoreinstitute.com>.