

The Arthritis Foundation Life Improvement Series

In addition to the Arthritis Foundation Aquatic Program, the Arthritis Foundation offers an array of exercise and education programs documented to improve ability to do more activities, increase quality of life, and improve general health status.

Arthritis Foundation Exercise Program

The exercises taught in this class were developed by physical therapists specifically for people with arthritis or related conditions. This low-impact class can be taken either sitting or standing, whichever is most comfortable. The gentle, joint-safe exercises help relieve stiffness and decrease arthritis pain.

Arthritis Foundation Self-Help Program*

This in-depth program gives people with arthritis the knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise. Perfect for the newly diagnosed as well as those whose arthritis requires more aggressive management.

For more information about these programs, contact your local Arthritis Foundation or visit www.arthritis.org.

*A self-management program developed at Stanford University



oklahoma arthritis network

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and Education Program**
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405-271-9444 Ext. 56410
www.health.state.ok.us/a pep

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Oklahoma City, OK 73120

Phone: (405) 936-3366 or 1-800-627-5486

www.arthritis.org



The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Take Control With Water Exercise



**Arthritis Foundation
Aquatic Program™**



www.arthritis.org

Arthritis relief that comes with water... 50,000 gallons.

The Arthritis Foundation Aquatic Program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis. With less pain, people with arthritis may be able to reduce their reliance on pain medication.

Arthritis Foundation Aquatic Program exercises were developed by physical therapists to address the pain, fatigue and decreased strength that often accompany the disease. The soothing warmth and buoyancy of warm water make this program an ideal environment for relieving arthritis pain and stiffness. The water provides gentle resistance to build muscle strength and supports joints to encourage free movement.

While the program is a fun, safe way for people with arthritis to stay fit, it should not replace treatment prescribed by a doctor or physical therapist.

Our certified instructors help you stay safe while staying fit.

Every class is taught by an Arthritis Foundation certified instructor. Instructors receive detailed training on the aquatic routines, and all instructors undergo regular certification to ensure they have kept up with the latest aquatic exercises and arthritis information.

Arthritis Foundation Aquatic Program instructors match the class routines to the fitness levels of the participants, so that those needing modified movements are just as welcomed as those who desire a more intense routine.

Offered by the Arthritis Foundation. Delivered with results.

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. In one research study, individuals who attended the class for four months were found to have reduced their pain by 18 percent and increased joint function by 25 percent. Other studies have documented increases in muscle strength, perceived quality of life, and well-being.

“The water-based exercises in this class are ideal for people with arthritis.”

– Patience White, M.D., Rheumatologist and Chief Public Health Officer, Arthritis Foundation

While every individual is unique, many people who complete the Arthritis Foundation Aquatic Program enjoy the following benefits:

- Decreased pain
- Increased flexibility and range of motion
- Better, more relaxed sleep
- Increased energy
- Improved outlook
- Improved overall health status



A water-based exercise program tailor-made for people with arthritis.

Who should attend the Arthritis Foundation Aquatic Program?

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness, and/or limited range of motion is invited to attend. Classes are conducted while standing in an indoor pool – the ability to swim is not required.

When is the class offered?

The Arthritis Foundation Aquatic Program is offered at various times and in many convenient locations. Contact the Arthritis Foundation for a detailed listing of classes. Or, you may visit the Arthritis Foundation Web site at www.arthritis.org and type in your zip code to view a listing of classes in your area.

How do I sign up?

Signing up is easy. Simply contact the Arthritis Foundation for registration information. Consult with your doctor before beginning any exercise program.

What is the cost?

Fees for the Arthritis Foundation Aquatic Program are set by each facility. Please contact the facility directly to inquire about class fees.