

Resistance Chair Guideline for Osteoarthritis

General Information

Osteoarthritis is a chronic condition characterized by a gradual age-related degradation of joint surfaces and cartilage. It can affect any joint but is seen most often in the hands, knees, hips, and spine. Osteoarthritis can cause joint pain that is usually described as dull and aching with stiffness and decreased joint mobility. Quality of life in these individuals is typically compromised as a result of pain, decreased mobility, and loss of normal function. Moderate exercise is crucial in the treatment for osteoarthritis, not only for general health but for maintaining function and independence(1). Therapeutic exercise to improve or maintain flexibility, muscle strength, and cardiovascular fitness are cornerstones of osteoarthritis management(2). Osteoarthritis treatment can be optimized with an exercise program that is easily accessible, enjoyable, and in a affordable setting, such as the home(3). The Resistance Chair provides the answer for increasing strength and range of motion along with increasing joint stabilization to reduce pain in a user-friendly manner. Maintaining an active lifestyle with a regular exercise program can increase function and decrease pain, possibly slowing the progression of osteoarthritis(3).

Resistance Chair Recommendations

The Resistance Chair general conditioning and aerobic program* offers a comprehensive set of aerobic, strengthening and flexibility exercises ideal for anyone suffering with osteoarthritis. Adequate warm-up and cool-down will reduce the risk of joint and muscle injury in those affected by osteoarthritis. Correct body mechanics and alignment can minimize muscle and skeletal strain, preventing or reducing pain level. The optional Palm Bell weighted balls can be an excellent addition for those with osteoarthritis affecting the hand.

*General conditioning DVD – People with osteoarthritis should modify program as per health care provider instructions.

References

1. Bautch, Judith C; Hirao, Yumiko. Effect of exercise on walking ability and perceived exertion in individuals with knee osteoarthritis. *Arthritis Care & Research*. 45(6) Dec 2001, p S11.
2. Sisto, Sue Ann PT, MA, Ph.D.; Malanga, Gerard M.D. Osteoarthritis and Therapeutic Exercise. *American Journal of Physical Medicine and Rehabilitation*. 85(11), November 2006, pp S69-S78.
3. Shua-Haim, Joshua R. A Randomized Trial Comparing Aerobic Exercise and Resistance Exercise with a Health Education Program in Older Adults With Knee Osteoarthritis: The Fitness Arthritis and Seniors Trial (FAST). 45(7), July 1997, p 900.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience pain and consult your physician before resuming the Resistance Chair exercise program.