



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Arthritis

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Arthritis is a common condition that causes pain and inflammation in a joint

The two most common types of arthritis are:

- Osteoarthritis
- Rheumatoid arthritis

Osteoarthritis

- Osteoarthritis is the most common type of arthritis in the UK
- It most often develops in an adults late 40s or older
- More common in women and people with a family history of the condition
- It can occur at any age as a result of an injury or be associated with other joint-related conditions

- Osteoarthritis initially affects the smooth cartilage lining of the joint making movement more difficult than usual, leading to pain and stiffness
- Once the cartilage lining starts to roughen and thin out, the tendons and ligaments have to work harder which can cause swelling and the formation of bony spurs, called osteophytes
- Severe loss of cartilage can lead to bone rubbing on bone, altering the shape of the joint and forcing the bones out of their normal position
- The most commonly affected joints are those in the hands, spine, knees and hips

If the arthritis is painful, an individual may not feel like exercising. However, being active can help reduce and prevent pain.

Regular exercise can also:

- Improve the range of movement and joint mobility
- Increase muscle strength
- Reduce stiffness
- Boost energy

It is important for the individual to perform the right type and level of exercise for their condition

