

# Self-care for Hip or Knee Arthritis

## Why is it Important to Stay Active with Arthritis?

- Physical activity can reduce your pain and increase your ability to move
- Movement of your hip or knee can help loosen the joint so it feels less stiff
- The stronger your muscles are, the less work your joint has to do
- Not being active can make things worse

## Activity Changes you can Make

- If you run, reduce how many miles you run per week and how fast you run
- Use the elliptical or stationary bike for cardio exercise
- If your pain limits your ability to walk, ask your provider if a cane would be right for you
- Avoid standing still or sitting still for longer than 30 minutes at once
- Look for shoes from commissary with more cushion and a lower heel