Limitations to daily activities caused by arthritis are common, affecting 23 million adults. Those reporting the most limitations are adults with both arthritis and other chronic diseases and conditions—most commonly diabetes, heart disease, and obesity.

Physical activity has been proven to reduce pain and improve function in people with arthritis. It can help prevent or delay arthritis progression and disability, and allow those affected by arthritis to maintain independence.

Losing weight or maintaining a healthy weight may be challenging, but it is particularly important for people with arthritis. At any age, low-impact physical activity (like walking) and dietary changes can lead to successful weight loss for people with arthritis. In fact, losing as little as 10 to 12 pounds can improve pain and function.

For many people living with arthritis, being under the care of a healthcare provider and attending regular appointments may be beneficial. Proper medical management through medications and other treatments helps manage pain, inflammation, fatigue, and prevent potential disability.