

Medical Edge Radio from Mayo Clinic

Exercise & Arthritis

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	MILLIONS OF PEOPLE SUFFER FROM THE PAIN AND STIFFNESS OF ARTHRITIS. AND WHEN IT'S HARD TO GET OUT OF BED... GRAB A DOOR KNOB... OR WALK, EXERCISE IS PROBABLY THE LAST THING ON YOUR MIND. BUT, SAYS MAYO CLINIC DR. ANN REED, IT SHOULDN'T BE.
Ann Reed, M.D. Track 2 (7:20)	"WHAT I MEAN BY THAT IS TINGS LIKE STRETCHING AND EXERCISING, MOBILIZING WILL HELP KEEP THE JOINTS LOOSER."
	IF YOUR WRISTS AND ELBOWS ARE

	<p>HURTING YOU PROBABLY AREN'T GOING TO GO OUT AND START LIFTING WEIGHTS, BUT SOME EXERCISE THAT PUTS FORCE AGAINST THE JOINT WILL HELP STRENGTHEN THE BONE.</p>
<p>Dr. Reed Tack 3 (1:33)</p>	<p>“WE THINK IT’S IMPORTANT THAT PEOPLE FIND WHAT THEY CAN DO. SUCH AS YOGA OR TI-CHI – THEY DON’T GET AS MUCH PAIN BUT THEY’RE CONTINUING TO USE THE MUSCLES AND STRETCH THE JOINTS.”</p>
	<p>DR. REED SAYS IT’S IMPORTANT TO TALK WITH YOUR CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM. THEY’LL KNOW YOUR LIMITATIONS AND SHOULD BE ABLE TO GIVE YOU SOME SUGGESTIONS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN</p>

	WILLIAMS.