A new Arthritis Care & Research study found that moderate-to-vigorous physical activity levels are similarly low in older adults with symptomatic knee osteoarthritis and those from the general population without osteoarthritis or knee pain.

Because the general population is doing as little as individuals with knee pain that may hinder activity, the findings point to the need for efforts to increase physical activity for all.

“We were a little surprised to see similar low levels of physical activity in both those with and without painful knee arthritis. I think this is a wake-up call to everyone that we all need to be doing more activity,” said senior author Dr. Daniel White, of the University of Delaware.

Additional Information

Link to Study: http://doi.wiley.com/10.1002/acr.23511

About Journal

Arthritis Care & Research, an official journal of the American College of Rheumatology and the Association of Rheumatology Health Professionals (a division of the College), is a peer-reviewed publication that publishes original research, review articles, and editorials that promote excellence in the clinical practice of rheumatology. Relevant to the care of individuals with rheumatic diseases, major topics are evidence-based practice studies, clinical problems, practice guidelines, educational, social, and public health issues, health economics, health care policy, and future trends in rheumatology practice.

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