Are there exercises I should avoid?
Impact exercises (e.g., running or jumping) put stress on the joints and may cause damage to the remaining cartilage. Some weight lifting exercises may be harmful. Please speak with your surgeon for advice.

Should I use a cane or crutches?
If you are walking with a limp, your surgeon may recommend an assistive device. You can damage other joints with an abnormal gait (walking) pattern. A cane helps distribute some force away from the involved leg and reduce pain.

Use a cane on the opposite hand of your affected joint. For example, if your left knee hurts, the cane goes on the right. The handle of the cane should reach your wrist when your arm is hanging at your side.

Sitting hurts my back. What is the proper way to sit?
Position yourself as follows:
• Head balanced above shoulders.
• Shoulders relaxed, not elevated.
• Upper back straight, not rounded.
• Lower back supported; a small towel roll often works well.
• Knees even with hips.
• Buttocks flat on the seat.
• Feet flat on floor or footrest.
Select a chair that has a firm seat and fairly straight back. Be aware of deep, soft chairs or sofas. Change positions frequently.

Where can I find more information on how to manage my arthritis?
• The Arthritis Foundation — National chapter phone 1-800-568-4045
• The Arthritis Helpbook, by Katie Lorig, R.N., and James Fries, M.D.
• The Arthritis Foundation’s Guide to Living with Osteoarthritis
• The Arthritis Sourcebook, by Earl Brewer, Jr., M.D., and Kathy Angel
• www.arthritis.org — Web site for the Arthritis Foundation
• www.rheumatology.org/public — Web site for the American College of Rheumatology

For more information or to find a doctor near you, visit zimmerbiomet.com
frequently asked questions
Managing Arthritis

What is arthritis?
Arthritis is a general term meaning “inflammation of the joint.” There are more than 100 different kinds of arthritic conditions that can affect the human body. To help provide smooth, pain-free motion to the joint, the bones in a joint are covered with a tough, lubricating tissue called cartilage. Osteoarthritis, the most common form of arthritis, is a degenerative joint disease that causes the layers of cartilage to gradually wear away until bone begins to rub against bone. This causes the irritation, swelling, stiffness, and discomfort commonly associated with arthritis.

While surgery to replace joint surfaces has been one of the most successful innovations in the last century, there are other treatments that can be tried, either before surgery or in conjunction with surgery. Below are some of the most frequently asked questions from arthritis patients.

Will arthritis spread to other parts of my body?
There are many types of arthritis. Some types of arthritis, such as rheumatoid arthritis, almost always affect multiple joints, so it is not unusual for these types of arthritis to spread from one joint to another. Some patients may have osteoarthritis in both knees and hips, but this is unusual. Osteoarthritis does not “spread,” however; other joints may be affected, especially if you change your gait (walking pattern) to compensate for pain and lack of motion.

What causes fluid build-up in joints?
Cartilage can break off into the joint, causing the fluid-filled capsule surrounding the joint to become irritated and swell—similar to an irritated eye that sheds tears. Cartilage can break off into the joint, causing the fluid-filled capsule surrounding the joint to become irritated and swell—similar to an irritated eye that sheds tears.

Swimming is good exercise for arthritis. Water’s buoyancy protects the joints from impact injury. Weak muscles are a problem with arthritis because swelling and pain can make muscles weak. Weak muscles are a problem with arthritis because swelling and pain can make muscles weak.

What types of exercise are best?
Swimming is a good exercise for arthritis. Water’s buoyancy protects the joints from impact injury. Weak muscles are a problem with arthritis because swelling and pain can make muscles weak.

For an in-depth guide on starting and maintaining a walking program, look for the Arthritis Foundation book, Walk With Ease, at bookstores.

What about stretching?
Strengthening exercises are important for everyone, especially for a person with arthritis. Joint swelling and pain can make muscles weak. Weak muscles are a problem with arthritis because strong muscles help absorb shock, support joints, and protect you from injuries. In addition, weak leg muscles are linked with increased disability from osteoarthritis. Fortunately, research has shown that strengthening exercises in the hip, knee, and ankle lead to improved balance and independence.3 You will need a supervised program to show you how to safely participate in a strengthening program.

How much exercise is too much?
If you note increased joint swelling, decreased joint motion, unusual or persistent fatigue, or continuous pain, you may be doing too much. You should expect some muscle soreness, especially if you are just beginning your program or have changed exercises.

How do I stay consistent with exercising?
• Seek help from a healthcare professional to assist you in setting up an individualized program.
• Make a plan. Write it down. Set goals.
• Exercise at the same time each day; it becomes part of your routine.
• Find an exercise buddy.
• Look for an appropriate exercise class.
• Stay in the habit of doing some exercise each day. On days when you have more pain, make an effort, even if you just do gentle stretching.
• Vary your exercise routine and rotate your exercises.
• Evaluate your progress and enjoy your success.

Continue adding five minutes to each session until you reach 30–40 minutes in duration. Always warm up and cool down by walking slowly.

The following suggested walking program could help you get started. When you can walk 10 continuous minutes (including warm-up and cool down), follow this progression to gradually build your program.1

<table>
<thead>
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<th>WEEK</th>
<th>DURATION</th>
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<tbody>
<tr>
<td>1</td>
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<td>3–5</td>
</tr>
<tr>
<td>2</td>
<td>15 min.</td>
<td>3–5</td>
</tr>
<tr>
<td>3</td>
<td>20 min.</td>
<td>3–5</td>
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