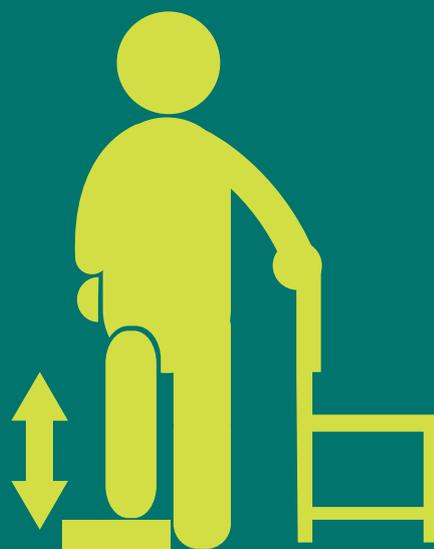
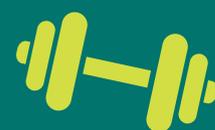


EXERCISING WITH ARTHRITIS

Regular physical activity and exercise are important in the management of all forms of inflammatory arthritis (IA), including rheumatoid arthritis (RA) and axial spondyloarthritis (axial SpA), and offer numerous health benefits.



Physiotherapy is an important part of your overall treatment.

A physiotherapist will guide you on how to exercise safely, increase your activity levels, and set goals.



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2023

8 SEPTEMBER