

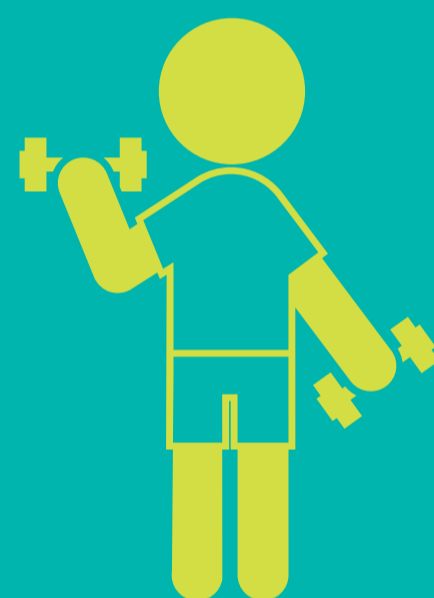
CVD AND RHEUMATOID ARTHRITIS

People with rheumatoid arthritis (RA) and other inflammatory joint disorders have an increased risk of cardiovascular disease (CVD).

People with RA can experience twice the risk of developing heart failure.

Being physically active improves health outcomes, and is recommended for people with RA. Physical activity and exercise can help:

- physical fitness
- muscle strength
- flexibility
- balance
- pain and fatigue
- depression
- prevent loss of bone density



Your physiotherapist can guide you in an activity programme that is right for you to slowly increase the amount of time you are active.



**World
PT Day**
2023

8 SEPTEMBER



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