



**ARTHRITIS**  
TALKS

# Exercising safely with arthritis

November 12, 2025

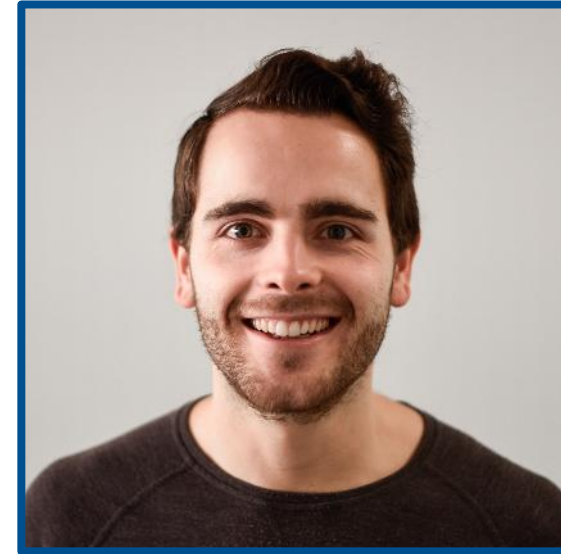


## Presenters



**Dr. Siân Bevan**

Chief Science Officer  
Arthritis Society Canada  
(Moderator)



**Dr. Manuel Ester**

PhD, Kinesiology  
University of Calgary

# Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat box** to connect with other participants and the Arthritis Society's Canada's chat moderator.
- If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The screenshot shows the Arthritis Society Canada webinar interface. At the top center is the Arthritis Society Canada logo. On the right, a 'Q&A' window is open, displaying a 'Welcome to Q&A' message and stating that questions asked will be shown to the host and panelists. At the bottom, there is a control bar with buttons for 'Show captions', 'Q&A', and 'Chat'. A 'Leave' button is located on the far right of the control bar. Three yellow callout boxes with arrows provide instructions: one points to the 'Audio Setting' button (labeled 'Click here to access your audio settings'), another points to the 'Q&A' button (labeled 'Click here to chat or to submit a question'), and a third points to the 'x' icon in the top right corner of the 'Q&A' window (labeled 'Click on the x icon to exit out of the Q&A or Chat').

Click on the x icon to exit out of the Q&A or Chat

Q&A

Welcome to Q&A  
Questions you ask the host and panelists will show up here

Click here to access your audio settings

Audio Setting ^

Show captions

Q&A

Chat

Leave

Click here to chat or to submit a question



# Arthritis stole my ability to be a part of society.

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Help take back what  
arthritis has stolen.

Text **PAIN** to **45678** to donate \$10  
or visit [arthritis.ca/steals](https://arthritis.ca/steals)







Getting started



Building healthy habits



Q & A



Why is it so important to be active  
when you have arthritis?



1. A healthier heart – reducing your risk of heart disease.
2. Less fatigue and pain – a common challenge with arthritis
3. Makes everyday life easier and more enjoyable

Staying active helps you maintain your independence, boost your mood, and manage arthritis symptoms better over time.



Learn more about the benefits of physical activity for people with arthritis

[justonemove.ca/arthritis-toolkit/benefits-of-physical-activity/](https://justonemove.ca/arthritis-toolkit/benefits-of-physical-activity/)



What are your recommendations to get started?



Why do you want to move?

- Set a goal, break it into simple steps
- Start small, progress gradually
- Get help from others: support, accountability, social movement
- Plan for ups and downs







The best physical activity is the one you'll do...



**Make a personalized  
action plan today!**

[justonemove.ca/habit-builder/](https://justonemove.ca/habit-builder/)







What adaptations do you recommend  
for those with arthritis?

	Modification
Joint replacement, fusion, or deformities	Low impact, slower movement, grip aids, splints
Flares and swollen joints	Focus on other joints, gentle range of motion, pacing
Risk of falls	Supportive footwear, walking aids
Hypermobility	Reduce range of motion, braces + footwear
Chronic pain	Slow progression, pacing
Cardiorespiratory considerations + comorbidities	Additional screening and safety precautions as needed



## JUST ONE MOVE: ADAPTING PHYSICAL ACTIVITY FOR RHEUMATOID ARTHRITIS

[justonemove.ca/arthritis-toolkit/](https://justonemove.ca/arthritis-toolkit/)





Are there precautions to take when exercising during a flare?

- Focus on strengthening the muscles of the **surrounding joints** without stressing the inflamed joint
- Gently move affected joints through their full available/ tolerable **range of motion** during **these periods**
- Exercise in short **sessions** throughout the day
- Do not stretch an acutely inflamed (hot, swollen, painful) joint

[justonemove.ca/arthritis-toolkit/flare-hub/](https://justonemove.ca/arthritis-toolkit/flare-hub/)







How can I stay motivated to continue to exercise?



1. Make it yours:  
find your WHY

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2. Make it social:  
build your  
movement TEAM

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3. Make it FUN

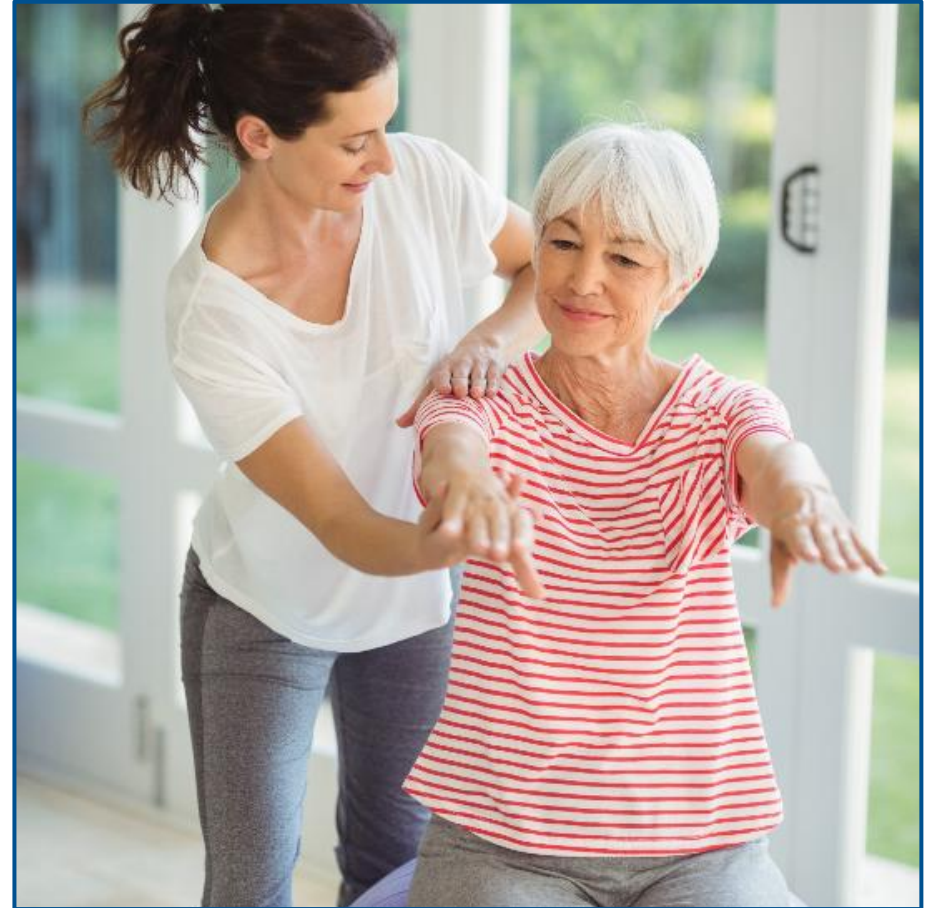






**Q:** What excites you about the future for those diagnosed with arthritis today?

- Treatment has improved dramatically
- With healthy habits, everyone with arthritis can **live life to the fullest!**







Questions



Tell us what you think...



# Next webinar



## Medical cannabis for joint pain

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Expert guidance from a trusted nurse

December 3 | 6 p.m. **EST**

- How cannabis works in your body
- How to access cannabis
- The best approaches to use cannabis for arthritis pain

To register, visit **[arthritis.ca/arthritisstalks](https://arthritis.ca/arthritisstalks)**

