

Arthritis and Physical Activity References

Clinical Guidelines

Brosseau L, Taki J, Desjardins B, et al. The Ottawa Panel clinical practice guidelines for the management of knee osteoarthritis. Part three: aerobic exercise programs. *Clin Rehabil* 2017;31(5):612-24. Available at: <https://pubmed.ncbi.nlm.nih.gov/28183188/>

Rausch Osthoff AK, Niedermann K, Braun J, et al. 2018 EULAR recommendations for physical activity in people with inflammatory arthritis and osteoarthritis. *Ann Rheum Dis*. 2018;77(9):1251-60. Available at: <https://ard.bmjjournals.org/content/77/9/1251.long>

Systematic Reviews

Arnold JB, Walters JL, Ferrar KE. Does physical activity increase after total hip or knee arthroplasty of osteoarthritis? A systematic review. *J Orthop Sports Phys Ther*. 2016;46(6):431-42. Available at: <https://pubmed.ncbi.nlm.nih.gov/27117726/>

Gay C, Chabaud A, Guille E, et al. Educating patients about the benefits of physical activity and exercise for their hip and knee osteoarthritis. Systematic literature review. *Ann Phys Rehabil Med*. 2016;59(3):174-83. Available at: <https://www.sciencedirect.com/science/article/pii/S1877065716000439?via%3Dihub>

Larkin L, Gallagher S, Cramp F, et al. Behaviour change interventions to promote physical activity in rheumatoid arthritis: a systematic review. *Rheumatol Int* 2015;35(10):1631-40. Available at: <https://pubmed.ncbi.nlm.nih.gov/25994094/>

O'Dwyer T, Durcan L, Wilson F. Exercise and physical activity in systemic lupus erythematosus: A systematic review with meta-analyses. *Semin Arthritis Rheum*. 2017;47(2):204-15. Available at: <https://pubmed.ncbi.nlm.nih.gov/28477898/>

Williamson W, Kluzek S, Roberts N, et al. Behavioural physical activity interventions in participants with lower-limb osteoarthritis: a systematic review with meta-analysis. *BMJ Open* 2015;5(8):e007642. Available at: <https://bmjopen.bmjjournals.org/content/5/8/e007642.long>

Other Helpful References

Austin S, Qu H, Shewchuk RM. Health care providers' recommendations for physical activity and adherence to physical activity guidelines among adults with arthritis. *Prev Chronic Dis*. 2013;10:E182. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3820529/>

Metsios GS, Moe RH, van der Esch M, et al. The effects of exercise on cardiovascular disease risk factors and cardiovascular physiology in rheumatoid arthritis. *Rheumatol Int*. 2020;40(3):347-57. Available at: <https://pubmed.ncbi.nlm.nih.gov/31802210/>

McKenna S, Kelly G, Kennedy N. A survey of physiotherapists' current management and the promotion of physical activity in people with rheumatoid arthritis. *Disabil Rehabil* 2019;41(18):2183-91. Available at: <https://pubmed.ncbi.nlm.nih.gov/29644891/>