

# THE INDIANAPOLIS STAR

★ "Where the spirit of the Lord is, there is liberty" II COR. 3:17 ★ 50 CENTS ★ STATE EDITION

## HEALTHYLIVING

SECTION E ♦ THE INDIANAPOLIS STAR ♦ TUESDAY, NOVEMBER 13, 2007 ♦ INDYSTAR.COM/HEALTH



**Dr. John Hur, Methodist Sports Medicine/Orthopedic Specialists, shares his ...**

### Tips for easing arthritis pain

> **Shape up** The more you weigh, the more stress you put on joints, especially hips and knees. Excess weight can mean more pain, no matter how severe your arthritis may be.

> **Get moving** Exercise protects joints by strengthening and stretching muscles around them. Strong muscles help stabilize joints, and reducing stiffness can help reduce pain. But to reduce injury risk, start new activities slowly until it's clear how your body will react.

> **Use the big joints** When lifting or carrying, use the largest and strongest joints and muscles by holding large items close to your body, forcing yourself to use your arms instead of your hands. This helps avoid injury and strain on smaller joints.

> **Get in tune with your body** If you're in pain, don't ignore it. Pain after activity or exercise can indicate overstressed joints. If you have more arthritis pain two hours after exercise than before, consider cutting back on your exercise routine or eliminating certain exercises the next time.

— Barb Berggoetz