

## **Argus Orthopaedic Zone**

### **Walking Is Best For Arthritis**

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#### ***Transforming patient information into patient understanding.***

Last time I did not have time to cover all I had wanted to tell you about the benefits of walking for arthritis.

#### **Right Shoes**

All shoes are not good for the walking exercise we are discussing.

The shoes need to have flexible soles, good arch supports and cushioned insoles to absorb shock.

The shoes have to fit correctly. Wear walking socks when you go to buy the shoes. Go to get the shoes at the end of the day when your feet are larger to get a better fit.

#### **Right Clothing**

You would be surprised by the number of people who don't get this right. Wear loose, comfortable clothes that breathe with you. The layer by your skin should help wick moisture away from your skin to keep you cooler. Dress in layers so you can adjust to changing temperatures.

#### **Plan The Route**

If you are walking outdoors this is very important.

Check out your proposed route.

Begin with flat terrain.

If you go alone, be sure others know your route.

Take I.D. with you.

Consider taking a cell phone if you go alone.

Use a cane or walker if you are unsteady.

It is ideal to walk with a partner who can give support if you need it.

#### **Pace Yourself**

Take time to warm up by strolling for a few minutes before you walk. Some people like to include stretches.

Find the best walking pace that suits you. It may vary from one day to another depending on how you feel. You don't have to walk fast. Begin slowly with a shorter distance.

### **Safety**

Use a cane if you need to.

Choose a firm, flat, level surface.

No uneven ground.

Probably best to avoid grass.

Walk when the light is best for your vision.

If possible wear bright clothing.

Hydrate. Drink water before and after you walk.

Having a regular partner can keep you committed and be a social outlet.

### **Chart Your Progress**

Some of my patients find it helpful and it motivates them to keep a chart of their walks, i.e. the day, time taken, approximate distance.

Once you start and find out how much better you feel you won't want to stop. As I said last week in closing I want you to KEEP MOVING because it is good for arthritis management and has many other body benefits.

Thank you for being in the Argus Orthopaedic Zone. It is a good place to be learning things that are important for you to know.

All the information I have given you in these articles has been saved and each and every article will be soon available on our new and improved website [www.orthopodsurgoen.com](http://www.orthopodsurgoen.com) and Your Orthopaedic Connection. It contains a ton of information about all the things I treat in the hospital and the office. Log on and check it out!

Our goal is simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush