While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they have osteoarthritis. In fact, exercise is considered an effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.

**How Much Exercise Is Good for Osteoarthritis?**
Always follow the advice from your doctor or physical therapist. In general, range-of-motion exercises should be done every day.

The weekly recommendation for aerobic exercise is 150 minutes of moderate-intensity OR 75 minutes of vigorous-intensity OR an equivalent combination. This translates into taking a 30-minute swift walk or bike ride five times per week OR jogging, swimming, or biking that gets your heart pumping for 25 minutes three times per week OR any combination of these based on your ability and preference.

**Bottom Line**
Multiple studies show that mild to moderate exercise is beneficial for people with arthritis. However, everyone’s circumstances are different, so having a discussion about exercise with your doctor is important. Together with your doctor and/or physical therapist you can design an exercise plan that is best for you.