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Prevalence of Arthritis in the UK

- Over 10 million people in the UK have arthritis or other similar conditions that affect joints (*NHS, 2020*).
- Osteoarthritis (OA) is the most common form of arthritis: 8.75m people in the UK having sought treatment (*Arthritis Research UK, 2013*).

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Prevalence of Arthritis in the UK

- Rheumatoid arthritis (RA) is the second most common form of arthritis in the UK, affecting 400,000 people (*NHS, 2020*).
- Of those diagnosed with RA, 30% will recover, or the disease will 'burn out' in five years; 65% will continue having intermittent flare-ups, and 5% will become severely debilitated.

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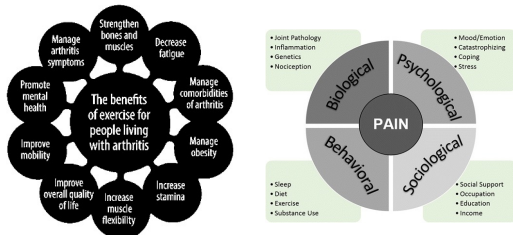
Scope for Exercise Referral

- The relatively high prevalence of arthritis in the UK affords the opportunity for exercise referral schemes to have a significant impact on our ageing population.
- Within the specific inclusion criteria for occupational standards in the UK (OA: mild to moderate severity; RA: medication controlled, not during flare-ups or active infection), the benefits of exercise are undeniable.
- The risks of exercise must be understood and reduced, with the adoption of precautionary measures

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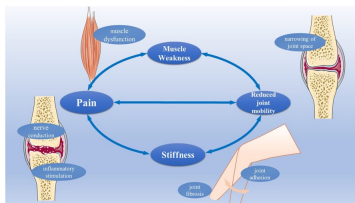
Specific Benefits of Exercise



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Benefits and Mechanisms of Exercise Training for Knee Osteoarthritis



Zeng et al., (2021)

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