Table. Exercise Training Considerations for Osteoarthritis.

Cardiorespiratory endurance	Skeletal muscle strength	Skeletal muscle endurance	Flexibility	Body composition
Aerobic exercise improves cardiorespiratory endurance, pain, depression, fatigue, function, health status, and gait and helps reduce fat mass.	High-intensity resistance training improves strength, muscular endurance, function, health status, pain, and stiffness and helps reduce fat and increase muscle mass.	Low-intensity resistance training improves strength, muscular endurance, function, health status, pain, and stiffness and helps reduce fat and maintain muscle mass.	Dynamic exercise improves joint mobility, pain, and function. Aquatic exercise improves knee and hip range of motion, pain, and function. AFYAP and PACE programs improve flexibility and isometric strength	Combined diet and resistance and aerobic training produces weight loss and improves function, mobility, and pain to a greater extent than diet or exercise alone.

Table. Exercise Training Considerations for Rheumatoid Arthritis.

Cardiorespiratory endurance	Skeletal muscle strength	Skeletal muscle endurance	Flexibility	Body composition
Aerobic exercise improves cardiorespiratory endurance, pain, function, and, with resistance training, mood; aerobic training improves fitness without worsening disease activity.	High-intensity resistance training improves strength, muscular endurance, function, and mobility; increases muscle mass; and reduces fat mass. Hand strengthening may improve dexterity and grip strength.	Low-intensity resistance training improves strength, muscular endurance, function, and mobility; maintains muscle mass; and reduces fat mass. Hand strengthening may improve dexterity and grip strength	Joint mobility improves with dynamic exercise training. AFYAP and PACE programs improve flexibility and isometric strength	Combination of aerobic and resistance training (RT) or RT alone increases muscle mass and decreases fat mass without significant weight loss; also slows bone mineral density loss.