

TIPS

for Managing **Psoriatic Arthritis** Symptoms



There are things you can do to help manage some symptoms of psoriatic arthritis (PsA). These include following an exercise plan and reducing stress. The information below can help you get started.

Exercise

Many people with arthritis develop stiff joints and muscle weakness due to the lack of use. But doing the right kinds of exercises can help improve your overall health and help keep your joints flexible. Exercise can also help reduce stress, improve your sleep, and protect your heart. Here are some important points to keep in mind:

- **Before you begin exercising**, talk with your doctor and work together to develop an exercise plan that can help control your inflammation.
- **Start slowly** and increase your exercise intensity over time.
- **Pay attention to joint pain.** Pain could mean that you're causing damage to your joints, so don't try to push through it. If you feel joint pain, talk with your doctor about adjusting your exercise plan.
- **Do low-impact exercise.** That means doing exercises that do not aggravate your joints. Examples of low-impact exercises include walking, cycling, yoga, and swimming.
 - Avoid doing things such as exercise boot camp—or any other high-intensity exercises. Intense exercises may be harmful for your joints.
- **If possible, work with a physical or occupational therapist** who is knowledgeable about inflammatory arthritis. He or she can help you get the most from your exercise plan without harming yourself or your joints.

Manage stress

Too much stress may make your PsA worse and make it harder for you to manage your daily activities. When you're feeling stressed, make time to:

- Meditate.
- Listen to soothing music.
- Take a walk.
- Do some therapeutic exercise such as yoga or tai chi.

You can also join a support group to help reduce stress. Your doctor may be able to help you find a local group.