Joint Action

Raising the barre

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Some people believe that if you're suffering from arthritis, the last thing you should do is exercise. But not so, say health experts. Regular physical activity is one of the best things you can do to relieve this leading cause of disability in the United States. And some types of exercises are better than others to relieve the pain, swelling, stiffness and decreased range of motion that are common symptoms of arthritis.

A ballet barre routine is a great low-impact exercise for people who have arthritis, especially when they also alternate this dance-related workout with exercises designed to strengthen the muscles surrounding a problem joint, say exercise physiologists.

Ballet barre exercises are performed slowly, without sudden movements to create stress on your joints. What's more, these movements are designed to improve flexibility and increase muscle mass while supporting the joints and relieving pain.

Where do you find these ballet-inspired regimens? Check around your city for fitness centers that offer ballet barre classes, or get them on DVD.

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http://beta.docker.realhealthmag.com/article/ballet-barre-exercise-28135-2773