



Women with rheumatoid arthritis who did water-based exercises 3 times a week for 16 weeks saw significant improvements in disease activity, pain and functional capacity compared to those who did land-based exercises.

Source: 2016 HydrA study published in American Journal of Physical Medicine and Rehabilitation

4 Steps to Cool Down and Limber Up

Remember what it was like to walk without aches? Get that sensation again by taking your workout to the water. Hit the pool this summer with these expert tips.

[Get Pain Relief in the Pool](#)



Pain Affects Kids With Arthritis, Too

Results from our Juvenile Arthritis INSIGHTS study show 77% of parents reported arthritis pain affected their child's daily activities and quality of life. Learn more about JA's impact on kids — and what we're doing about it.