



# Joint Health for Women

By Sue Geraghty, RN

## 4 Basic Components of Joint Health:

**1. Stretching/Flexibility** – always protect your joints. The old adage “no pain, no gain” is not true. You can have gain without pain.

**2. Aerobic Training** – low to moderate exertion levels over a period of time. Try 20 minutes of continuous exercise at least 3 times per week.

**3. Weight Training** – focus on the:

- Facility (Supervision and Safety)
- Setting of Goals
- Program: Lighter weights with more repetition and good form.

**4. Nutrition/Hydration** – a healthy diet is one that:

- Is balanced and includes a variety of foods.
- Does not exclude any food group.
- Is moderate in fat, sugar, and processed foods.
- Is controlled in portion size.
- Meets the daily requirements for vitamins, minerals, and fiber.

Exercise and weight management are directly related to:

- Joint health
- Osteoporosis
- Bleeding episodes

Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step. Examples include:

- Excessive strain on joints.
- Contribute to bleeding when a trauma occurs.
- Can lead to osteoarthritis.

All of these components play an important role in the health of your joints. Focus should be on health and fitness, not on one’s appearance.

Joint issues in individuals with bleeding disorders are common. Early diagnosis of both the bleeding disorder, and joint disease are key in preventing further damage. Swift and proper treatment, as well as the implementation of a regular exercise program and a healthy diet are key factors in preventing and reducing many joint related issues.



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