



If you do not regularly move or use a joint, it can lead to several negative consequences for joint health

- **Stiffness:** Lack of movement can cause the joint to become stiff and less flexible over time. This can make it difficult to move the joint and perform daily activities.
- **Weakness:** Without regular movement, the muscles surrounding the joint may weaken, leading to decreased stability and support for the joint.
- **Decreased lubrication:** Movement helps to lubricate the joint, providing cushioning and reducing friction between the bones. Without regular movement, the joint may not receive adequate lubrication, increasing the risk of wear and tear.
- **Increased risk of injury:** A lack of movement can make the joint more susceptible to injury, as it may be less able to withstand stress or sudden movements.

Research suggests that maintaining regular movement in joints is crucial for overall joint health. Studies have shown that prolonged lack of motion can lead to stiffness, weakening of surrounding muscles, decreased lubrication within the joint, and an increased risk of injury. For instance, a sedentary lifestyle or immobilization following injury or surgery can exacerbate these effects, highlighting the importance of staying active to preserve joint function and minimize the risk of adverse outcomes.

It's generally beneficial to move an arthritic and painful joint with gentle, low-impact exercises like walking or swimming, which can improve flexibility and reduce stiffness. However, it's important to avoid activities that cause excessive pain and to consult with a healthcare professional for personalized guidance on managing arthritis symptoms.