



One Simple Exercise Reduces Arthritis and Knee Pain

Description

Cycling is a great way to improve knee health without breaking the bank. While some may think they need an expensive bike to enjoy the benefits, Dr. Grace Yang explains that even a stationary bike at the gym can do the trick. Just 15 to 20 minutes, two or three times a week, can make a difference.

It's not just cycling that can help with arthritis either. Research shows that general physical activity and exercise can prevent knee osteoarthritis and reduce knee pain. Activities like swimming, running, and strength training can also be beneficial.

Dr. Yang reassures those with arthritis that exercising can actually help decrease pain. It's important to find an activity that works for you, whether it's biking, swimming, or walking. As we age, staying active becomes even more important.

If you're nervous about exercising, consult a physical therapist for a custom plan. And if you're ready to start cycling outdoors, remember to stay safe with protective gear and following road rules.

In conclusion, staying active is key to keeping your knees healthy, especially if you have knee arthritis. So, grab a bike or find another activity you enjoy, and get moving!

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Vocabulary List:

1. **Cycling** // (noun): The activity of riding bicycles especially for pleasure or exercise.
2. **Arthritis** // (noun): A painful condition involving inflammation in one or more joints.
3. **Osteoarthritis** // (noun): A type of arthritis that occurs when flexible tissue at the ends of bones wears down.
4. **Physical activity** // (noun): Any bodily movement that requires energy expenditure.
5. **Strength training** // (noun): Physical exercises designed to improve muscular fitness.
6. **Consult** // (verb): To seek information or advice from a professional.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the purpose of medications that alleviate pain?
Option: To cause pain
Option: To increase pain
Option: To reduce pain
Option: To ignore pain
2. Which of the following can be caused by bacteria or viruses?
Option: Cancer
Option: Infections
Option: Allergies
Option: Heart disease
3. What type of exercise focuses on building muscle mass and improving strength?
Option: Yoga
Option: Pilates
Option: Strength training
Option: Zumba
4. Which medication is commonly used to treat type 2 diabetes?
Option: Aspirin
Option: Empagliflozin
Option: Vitamin C
Option: Benadryl



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5. Which condition involves inflammation and stiffness of the joints?
- Option: Migraine
 - Option: Arthritis
 - Option: Asthma
 - Option: Eczema
6. Which medical specialty involves the management of obesity?
- Option: Pediatrics
 - Option: Otolaryngology
 - Option: Bariatric
 - Option: Podiatry
7. What activity involves riding a bicycle for exercise or transportation?
- Option: Swimming
 - Option: Cycling
 - Option: Skateboarding
 - Option: Running
8. After achieving a goal what is necessary to do to ensure it continues?
- Option: Stop
 - Option: Revert
 - Option: Maintain
 - Option: Forget
9. Which type of light emits visible light when exposed to the ultraviolet spectrum?
- Option: Incandescent
 - Option: Fluorescent
 - Option: LED
 - Option: Halogen
10. Which medication is commonly prescribed to manage type 2 diabetes?
- Option: Ibuprofen
 - Option: Metformin
 - Option: Penicillin
 - Option: Antihistamine

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ of the infection is common if the antibiotic course is not completed.
12. The invention of the internet has _____ communication and information sharing.



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13. After months of rigorous training the athlete finally _____ his strength and speed.
14. The new findings in the research have a _____ impact on the field of medicine.
15. Before starting any new medication it is advisable to _____ with a healthcare professional.
16. A well-rounded _____ can help in managing chronic health conditions effectively.
17. Despite technological advances many still prefer _____ methods of treatment.
18. To stay healthy and fit it is important to _____ a balanced diet and regular exercise routine.
19. _____ is a degenerative joint disease that commonly affects older adults.
20. _____ is a medication that belongs to a class of drugs known as SGLT2 inhibitors.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Proper hydration is for maintaining overall health and well-being.
22. is an eating pattern that cycles between periods of fasting and eating.
23. It is wise to a specialist before making any major decisions regarding your health.
24. The success of a project is often determined by the achieved.
25. Regular is essential for maintaining a healthy body and mind.
26. In some cases may be the only option to address certain medical conditions.
27. plays a crucial role in advancing scientific knowledge and developing new treatments.
28. Highly skilled perform intricate procedures to help patients overcome health challenges.
29. The idea that vaccines cause autism is completely .
30. are recommended for individuals struggling with severe obesity.

Answer

Multiple Choice: 1. To reduce pain 2. Infections 3. Strength training 4. Empagliflozin 5. Arthritis 6. Bariatric 7. Cycling 8. Maintain 9. Fluorescent 10. Metformin

Gap-Fill: 11. Recurrence 12. Revolutionized 13. Regained 14. Significant 15. Consult 16. Lifestyle intervention 17. Conventional 18. Maintain 19. Osteoarthritis 20. Empagliflozin

Matching sentence: 1. Crucial 2. Intermittent fasting 3. Consult 4. Outcomes 5. Physical activity 6. Surgery 7. Research 8. Surgeons 9. Misconceived 10. Bariatric interventions

CATEGORY

1. Health - LEVEL3

Date Created

2024/06/12

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