



This Survey identifies gaps in arthritis patients' exercise education and programming and how the healthcare system, health care providers (HCP), and patient organizations can better support patients. Find more Survey information here: <https://bit.ly/ACESurveyExerciseJHIEN>

Who took the Survey?

- 288 respondents (270 EN, 18 FR)
- 9 in 10 were women
- RA – 39%, OA – 35%, AS – 9%, PsA – 4%, Sjögren's syndrome – 2%
- Disease duration
 - 45% > 10 years
 - 40% < 5 years
 - 14% 6 to 10 years
- Indigenous: 4%
- Black: 1%
- Person of colour: 8%

Where respondents lived

- Large urban centres (population ≥ 100,000) – 55%
- Small to medium sized population centres (population 16,000-99,999) – 25%
- Rural population centres (population ≤ 15,999) – 20%

Exercise routine prior to an arthritis diagnosis

Top 3 types of exercises people did*



Duration of exercise session



*Respondents selected all the answers that applied

Conducted in English & French, March - April 2022

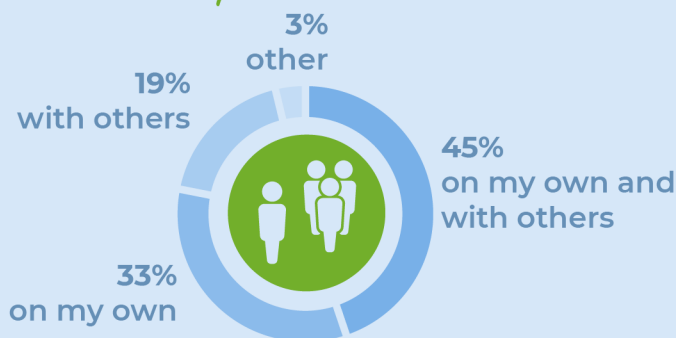
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Exercise routine after an arthritis diagnosis

Survey findings from rural respondents

- **5 in 100** discussed exercise with their HCP **at the time or shortly after their diagnosis** and developed a new exercise routine with them
- **2/3 less likely** to say their HCP discussed exercise with them **after they asked about it**
- **Half as likely** to be concerned they are **doing the exercise incorrectly**
- **2 times more likely** to be concerned that exercise will **worsen their pain** or report they **do not enjoy doing exercise**

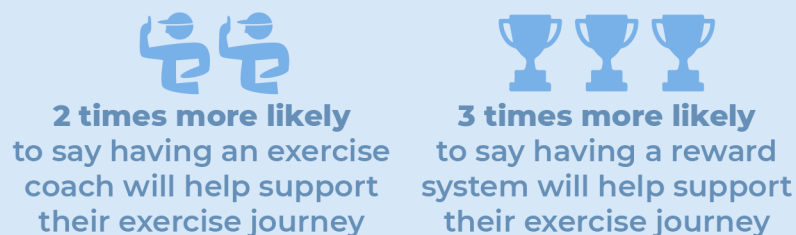
How do you like to exercise?



Changes to your exercise routine*



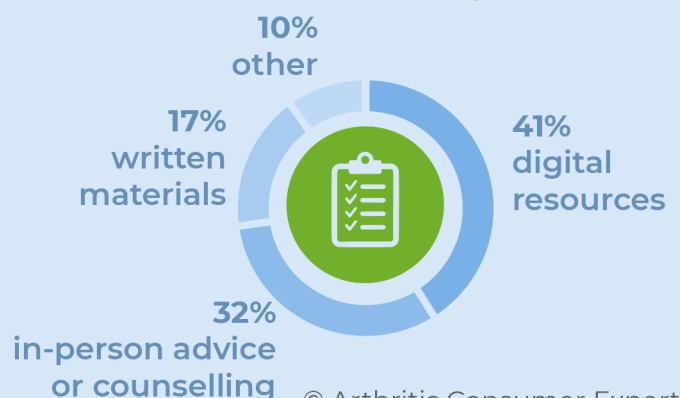
Black, Indigenous or a person of colour respondents were*:



Key Takeaways

- Exercise is an individual's responsibility
- All members of a patient's healthcare team play a role in supporting exercise
- Survey respondents want to join arthritis exercise classes in the community, an exercise coach, and detailed video instructions on how to do each exercise
- More than half of respondents want an HCP to check in with them monthly about their exercise routine

How would you like to get exercise information?



*Respondents selected all the answers that applied