

Biennial report

Study Groups

Title of the study group: "EULAR Physical Activity and Exercise therapy Study Group"

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Summary of last year's activities

EULAR Physical Activity and Exercise Therapy Study Group

By Rikke Helene Moe, SG leader, and Li Alemo Munters, SG co-leader

Europe is changing, the amounts of people with RMDs are increasing, and contribute to 30% of disability in Europe, and we are discussing what to do about it. Several active members of The Physical Activity (PA) and Exercise Therapy Study Group are in touch regularly working together to improve various aspects of physical activity and exercise (PE) to benefit people with RMDs in different projects. Additionally, we have a network of about 500 HPRs who are regularly approached and informed, and have the possibility of inputting on various projects, discussions and ideas within the group on our digital platform.

Several core members of the Study Group take part in the newly formed Task Force, Implementation of Physical Activity into routine Clinical practice in Rheumatic Musculoskeletal Disease: The IMPACT-RMD study (leader: George Metsios). They are taking the previous work of the EULAR PA recommendations further (Task Force leader: Karin Niederman/ Thea Vliet Vlieland); presented in the publication: "Effects of exercise and physical activity promotion: meta-analysis informing the 2018 EULAR recommendations for physical activity in people with RA, SpA and hip/knee osteoarthritis" (Rausch Osthoff et al, 2018). Furthermore, another study group has steamed from our group this year, namely the Non-pharmacological treatment in autoimmune connective tissue diseases, CTDs, (Chair Carina Boström). These are excellent examples of the Study Groups achievements and progressive work.

Also, as a group we are working systematically for high quality assessments, recommendations and implementations of Physical Activity and Exercise Therapy for persons with Rheumatic and Musculoskeletal Diseases. Furthermore, we facilitate, support and initiate clinical development, research projects, assessments and session proposals. This year we were discussing the increasing evidence that high intensity exercise may be even more beneficial for people with RMDs than the plain recommendations of 150-300 minutes of activity/week. In line with that the publication: "High intensity exercise for 3 months reduces disease activity in axSpA: a multicenter RCT of 100 patients" (Sveaas et al, 2019) was shared and discussed during the meeting.

Our study group proposes sessions for the EULAR congress, in 2019 the session: «Exercise- more than a wonderdrug» was successfully held at both EULAR and ACR/ARP

In addition to our projects, the members of the group attending the EULAR conference takes part in our annual meeting where we discuss the research and educational initiatives in the area that we are working on, and what we need to do further. Interesting new projects are presented by group members, and group members are encouraged to join different projects and initiatives.