

Biennial report

Study Groups

Title of the study group:

EULAR Study Group for Physical Activity and Exercise therapy

Study Group Leader's name: Dr. Rikke Helene Moe, Dr. Li Alemo Munters

Date of annual report submission: March 2018

Summary of last year's activities

The group included different clinicians and researchers with specific skills to emphasize the inclusion of relevant specialties from different professions and work systematically on assessments, recommendations and implementation of physical activity for people with Rheumatic and Musculoskeletal Diseases (RMDs) in the core group. The core group met 16th of June 2017 in Madrid.

Physical Activity and Exercise is generally recommended as part of managing the RMDs (American College of Sports Medicine). The medical environment is increasingly adapting to the possibilities of optimizing care by individualizing medical treatment, and tailoring it to phenotypes of disease. Individualized physical activity, as an important treatment modality for RMDs, can help control the disease, maximize benefits and minimize barriers for function and decrease the risk of co-morbidity.

Individualizing Physical Activity implies testing each patient physically, and based upon their results, adjusted to current knowledge about the different RMDs functioning, co-morbidity, accessibility and current knowledge about intensity and progression. Studies on individualized exercise indicates improvements in symptoms in non-systemic inflammatory RMDs like OA, and cardiovascular health and disease activity in inflammatory diseases like rheumatoid arthritis, spondylarthropathies and myositis. Several simple clinical tests can help clinicians and researchers determine the level of strength, balance and aerobic capacity of each individual to optimally tailor physical activity and exercise to each person with RMDs. Some assessment tools were discussed in the group and some of the participants were working further translating and testing these throughout the year.

The Study Group has been working to make the EULAR awarded recommendations/points to consider for physical activity in people with osteoarthritis and inflammatory arthritis happen. This project is just finalized and will be presented at the EULAR 2018. On the agenda this year, along with projects to individually tailor physical activity, will be the further research agenda, based on the results of the above mentioned EULAR project. The group also wants to contribute to timely interventions, high quality discussions, and Physical Activity and exercise therapy engagement within EULAR in various ways.

The group also supported the development of two new EULAR projects on "adherence" and "lifestyle change", and are looking forward to participating in these. The group can be accessed by registration at Linked-In, and/ or by attendance at the Study Group meeting at the EULAR congress, announced by the EULAR HP Letter. The group also proposed EULAR sessions and speakers for Physical Activity and tailored Exercise –relevant themes for the 2018 congress.

We remind ourselves that the estimated active working period for this study group is 2016-2021.

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