

Resource

## Using a pedometer

Use of a pedometer increases activity levels whilst also decreasing fatigue in rheumatoid arthritis patients.

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A new Arthritis Care & Research study carried out has shown that providing patients with pedometers not only increased activity but also reduced fatigue in rheumatoid arthritis patients. These improvements were noticeable with or without step targets being set.

Average daily steps declined in control patients who were not supplied with pedometers, and fatigue levels did not change.

These results are important as fatigue seriously impacts the quality of life for rheumatoid arthritis patients and effective treatments are limited.

Because rheumatoid arthritis medications have only small effects on fatigue, it's important for patients to have other ways to manage their fatigue. These results suggest that something as simple as increasing physical activity by walking can help.

Dr Patricia Katz, lead author of the study

## Read more

### [Exercise](#)

Exercise is important not just to reduce the risk of further joint damage but for reducing the risk of heart disease, improving muscle strength and mental wellbeing too. There are exercises for people at all stages of their RA journey.