



FOR IMMEDIATE RELEASE: 4.23.08

FOR FURTHER INFORMATION:

Contact: **Jill Groody Musselman**
860.364.4444
jill.musselman@sharonhospital.com

Advanced Therapy at Sharon Hospital to Offer Arthritis Foundation Exercise ProgramSM Reduced Pain and Stiffness Among Many Benefits

Sharon, CT – The Advanced Therapy Department at Sharon Hospital will begin offering The Arthritis Foundation Exercise ProgramSM starting May 6th at Sharon Hospital’s 4 Trees Café. Originally developed by physical therapists specifically for people with arthritis, this low-impact, joint-safe exercise program has been documented to help decrease arthritis pain and relieve stiffness while increasing flexibility and range of motion.

The program is taught by Arthritis Foundation-certified instructors, each of whom have completed in-depth training on arthritis and the Arthritis Foundation Exercise Program and are part of the Advanced Therapy team at Sharon Hospital.

During the hour long program, participants will go through a series of gentle movements and activities designed to increase functional mobility and range of motion. This low-impact class is suitable for every fitness level and includes both sitting and standing exercises.

“In addition to reducing pain and stiffness, the Arthritis Foundation Exercise Program helps people with arthritis keep joints flexible, maintain muscle strength and build overall stamina,” according to Alanda Babbitt, Director, Advanced Therapy at Sharon Hospital. Results are backed by research studies. In one study, individuals who attended

-more-

Sharon Hospital

the class for four months reduced their pain by 24 percent and increased confidence in their ability to continue activities by 22 percent.

If you think you have arthritis, the Advanced Therapy team and the Arthritis Foundation urge you to seek an early and specific diagnosis. With more than 100 forms of arthritis and related diseases, a specific diagnosis is critical because each form requires a different treatment plan.

Pre-registration for the Arthritis Foundation Exercise Program at Sharon Hospital is necessary and enrollment is limited. Classes are Tuesdays and Thursdays from 10a-11a and are being offered free of charge. Please register by May 5th by calling Sharon Hospital's Community Health Line at 860.364.1637. For more information contact Advanced Therapy at Sharon Hospital at 860.364.4065. Before starting any exercise program, always check with your physician.

###