

# SMART MOVES FOR YOU



A GUIDE FOR PATIENTS WITH OSTEOARTHRITIS

## STRENGTH TRAINING

Simple steps to help you better manage your OA

If you've been dealing with OA symptoms by not moving, you've got it backward. The less you move, the weaker your muscles become, and weak muscles can't absorb the force exerted on joints when you walk, dance, play with grandchildren, and so on. This guide offers simple ways to build strength and stay active. Start by checking with your doctor to make sure your chosen regimen is right for you. Together, you can find the best methods to manage your OA.



### FRESH THINKING

Find new ways to build strength and improve your osteoarthritis. Be sure to talk to your doctor before beginning any exercise program.

#### The Key to Stronger Knees

**1** Stronger (less painful) knees depend on a support system that you can build with strength exercises, say researchers at the Centre for Health, Exercise and Sports Medicine at the University of Melbourne in Australia. Knee osteoarthritis is associated with, and made worse by, weakness in the surrounding muscles.

Two reasons muscles end up weaker

1. Plain, old atrophy from disuse.
2. Thanks to pain, you may be changing your gait slightly to “offload” pressure on your knee.

The key to moderating both those issues: strength training. Pay attention to strengthening the muscles that surround and support the knee joint, such as the quadriceps at the front of the thigh, and the hamstrings, in the back. Check with your doctor for specific exercise recommendations.

#### Tai Chi: More Benefits to Know

**2** Though the ancient martial-art-style exercise tai chi seems to be all about flexibility and meditative movement, it can also promote strength. In a Tufts University study, two groups of osteoarthritis patients were assigned to either twice-weekly tai chi sessions or stretching and OA-management education classes. By the end of 12 weeks, the tai chi group felt stronger and had less pain. Many community centers and hospitals offer tai chi.

### BE INSPIRED

“I know that exercise is what keeps me going.”

—Jackie Yukawa, longtime athlete  
with OA, Los Angeles



# 66%

The percentage of arthritis patients who are overweight or obese. Exercise helps build muscle, so your body burns calories efficiently.

Source: Centers for Disease Control and Prevention

### 3 SMART LOWER-BODY MOVES

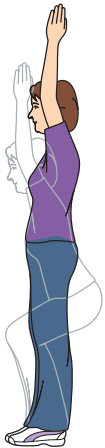
Build strength in your lower back and legs with yoga-based moves.

Aim to hold these strengthening poses for five breaths, says Steffany Haaz, PhD, of the Johns Hopkins Arthritis Center in Baltimore. For some, this may be challenging; one breath is fine to begin. Before you start, get your doctor's okay and an exercise mat. It's best to work with a fitness professional to learn the moves.

#### Chair

**BENEFITS:** Strengthens ankles, thighs, calves, and spine, with a bonus stretch for your shoulders and chest

**TO DO:** Stand with your legs and feet slightly apart and your arms at your side. Inhale and raise your arms above your head, palms facing each other. Exhale and bend forward, hinging at the hips and the knees. Press your tailbone back, as though you're about to sit in a chair. Hold briefly, then inhale as you rise back up. Keep your spine lengthened. To protect your knees, keep them in line with your feet and keep your weight back on your heels. Go down only as far as you are comfortable, and no lower than when your thighs are perpendicular to the floor.

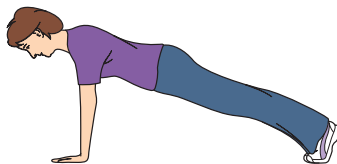


#### High Lunge

**BENEFITS:** Strengthens thighs and calves with a little work for your arms as well

**TO DO:** From standing, bend your knees and, as you inhale, step your left foot back with the ball of your foot on the floor. Keep your right knee in line above your foot and bend your right knee (not past your ankle) so you "sink" into the lunge. Put your fingertips on the floor or your hands on yoga blocks on either side of your right foot. Look forward. Keeping your hands down, bring your left foot up to meet the right, then return to standing. Step your right foot back and sink into the lunge as you did on the previous side. Repeat the moves reversing sides.

**MODIFICATION:** Place your back knee on the floor or a blanket.

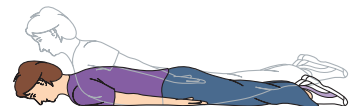


#### Locust

**BENEFITS:** Strengthens spine, buttocks, and hamstrings with an added stretch for your thighs and upper body

**TO DO:** Lie facedown with your forehead on the mat and extend your arms down at your sides, palms facing up. Exhale and lift your head, upper torso, arms, and legs away from the floor. You'll be resting on your lower abdomen and pelvis. Keep your buttocks tight and reach through your legs. Your gaze should be down, keeping your head and neck in alignment with your spine. Inhale and relax downward.

**MODIFICATION:** To increase comfort in the starting position and to protect your lower back from arching too much, place a folded towel under your pelvis.



### 3 SMART UPPER-BODY MOVES

Build strength in your arms, abs, and upper back with yoga-based moves.

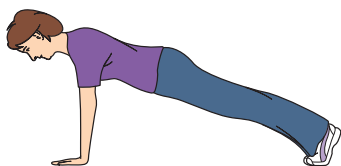
Just like with the lower-body moves, work up to holding these poses for five breaths, says Steffany Haaz, PhD. Even one breath is a great place to start. Remember to get your doctor's okay first. And it's best to use an exercise mat and the guidance of a fitness professional to keep you comfortable with the poses.

#### Plank

**BENEFITS:** Strengthens arms, wrists, spine, and abs

**TO DO:** Start in the standard push-up position with your arms extended and your hands directly beneath your shoulders. Your legs should be straight with your weight on the balls of your feet. Keep your abs taut and your body in a straight line while you hold the position.

**MODIFICATION:** If you have pain or weakness in your wrists, support yourself on your forearms with your elbows directly beneath your shoulders. To modify the legs, rest your knees on a cushion with your shins and the tops of your feet flat on the mat.



#### Downward Dog

**BENEFITS:** Strengthens upper back, arms, and legs, with bonus stretch for shoulders and hands

**TO DO:** Start on all fours with your knees directly below your hips and your hands directly below your shoulders. Pushing evenly into your palms, lift your knees off the floor. Lift your hip bones toward the ceiling and push the top of your thighs back so that your body looks like an inverted V. Relax your heels down toward the floor. Gaze between your feet to help keep your head in line with your spine. Exhale and gently lower your knees to the mat.



#### Cobra

**BENEFITS:** Strengthens spine and stretches chest, shoulders, and abs

**TO DO:** Lie facedown, the tops of your feet on the mat. Bend your elbows and place your palms on the floor beside your lower ribs. Inhale as you press into your hands and lift your chest as far as is comfortable for you. Keep your shoulders down and your elbows in, close to your sides. Keep your neck relaxed and your gaze forward.



### YOUR WILLPOWER!

Looking for more motivation to try strength training? Exercise is one of the best natural stress relievers available to you. Be sure to talk to your doctor before beginning any exercise program.

"It's something positive you can do to make yourself feel more in control and less at the mercy of the disease," explains Steffany Haaz, PhD, of the Johns Hopkins Arthritis Center in Baltimore.

### Q&A

My walking partner carries 2lb weights to combine strengthening with cardio. Would carrying weights be a smart move for me with hip osteoarthritis?

As long as carrying small hand weights won't alter your natural gait, it won't hurt you, says A. Lynn Millar, PT, PhD, author of Action Plan for Arthritis. But the benefit isn't really a strength workout; what it could do is boost calorie burn slightly by increasing the intensity of the walk. If your goal is to build upper-body strength, Millar suggests biceps curls, triceps curls, and overhead presses after your walk.

### CONVERSATION STARTERS

If you haven't talked to your doctor about your OA lately, you may be missing out on fresh ideas to help you. At your next visit, consider asking

- Are there any specific exercises or exercise modifications you would recommend?
- Could you put me in touch with a trainer or physical therapist knowledgeable about OA?
- Are there any products or treatments that will help my osteoarthritis pain?



### LEARN MORE

Discover additional ways to treat and manage osteoarthritis by visiting [arthritissmartmoves.com](http://arthritissmartmoves.com). There, you'll also find the Smart Moves Program, a three-week plan that is full of motivational tools to change how you view and cope with OA and help keep you doing the daily activities you love. Click on "Getting Started."



# Is your arthritis pain medicine putting you at risk for stomach issues?

## Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.\*

**So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.**

\* In 6-month clinical studies, compared with enteric-coated naproxen.

Medicine on the outside of VIMOVO helps reduce the risk of stomach ulcers.

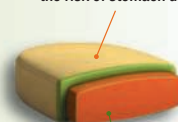


Illustration not actual size.

Medicine on the inside of VIMOVO helps relieve arthritis pain.

Get your VIMOVO prescription for only

**\$10<sup>†</sup>**  
each month

Sign up for a VIMOVO Savings Card today.

<sup>†</sup> Requires a prescription; subject to eligibility rules; restrictions apply.

Visit [SaveOnVIMOVO.com](http://SaveOnVIMOVO.com)

### Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

### Important Safety Information

**Like all medications that contain nonsteroidal anti-inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.**

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Tell your health care provider about all of the medicines you take including prescription and non-prescription drugs, vitamins, and herbal supplements before starting VIMOVO.

Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

Talk to your health care provider about your risk for developing low levels of magnesium if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

**For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.**

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com)

**Vimovo**  
(naproxen/esomeprazole magnesium)

375/20•500/20 mg delayed-release tablets

# IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
  - in people who have heart disease
- NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG). NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding**
- can happen without warning symptoms
  - may cause death

**The chance of a person getting an ulcer or bleeding increases with**

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

**NSAID medicines should only be used**

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

**Get emergency help right away if you have any of the following symptoms**

- shortness of breath or trouble breathing

- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

**Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms**

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

## WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

## WHO SHOULD NOT TAKE VIMOVO?

**Do not take VIMOVO**

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

## WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

**Before you take VIMOVO, tell your health care provider about all your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.**

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding. **NSAID medicine should not be used by pregnant women late in their pregnancy**

## HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

**Serious side effects may include**

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke
- **Active bleeding**

- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**
- **Low levels of magnesium**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes
- seizures, dizziness, or fast heartbeat
- muscle spasms, cramps, or weakness

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

## OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

**NSAID medicines that need a prescription**

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diffunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

\* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to [www.VIMOVO.com](http://www.VIMOVO.com)  
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**Vimovo**  
 (naproxen/esomeprazole magnesium)  
 375/20•500/20 mg delayed-release tablets

AstraZeneca