

Arthritis Today

Updates & Tips to Live Your Best Life



Keep your joints happy this summer with healthy grilling, chilling with friends and filling your days with fun activities.

Court Protects Access to Care

The Arthritis Foundation applauds a high court ruling that ensures no-cost preventive health care services are guaranteed — for now.

[Get the Details →](#)

Water Workouts Do Wonders

Aquatic workouts build strength, increase flexibility and reduce pain with less stress on joints.

[Dive In →](#)



Wildly Delicious

This light, leek-marinated salmon dish is packed with healthy, anti-inflammatory omega-3 oils.

[Get the Recipe →](#)

Music to Your Joints

Hit the dance floor, gym or living room and make some moves to improve coordination and balance.

[Feel the Beat →](#)

Stella: JA Camp Changed Everything

Diagnosed with juvenile arthritis at age 5, Stella found empowerment to thrive, through community and sports.

[Read Her Story →](#)



Designed for You

Melnor RelaxGrip® Shower Head Straight Nozzle

[Check It Out →](#)



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.