

Arthritis Today

Updates & Tips to Live Your Best Life



Wherever your summer plans take you, stay safe and comfortable. And slow down for a healthy treat.

Road Trip!

Give yourself plenty of time, take stretch breaks and pack these comfort essentials.

[Drive Time Tips](#) →

Knee Injections: What's the Point?

Some believe hyaluronic acid injections help ease joint pain. There's some debate about it.

[Get the Facts](#) →

Travel Podcast: Luggage & Laughs

Get a good laugh as you learn arthritis travel tips from frequent flyers Matt Iseman and Pete Scalia.

[Listen Now](#) →



Go Green & Get Energized

This nine-ingredient smoothie packs a powerful health punch with chia seeds that may help lower blood pressure.

[Get the Recipe](#) →

Haydee: Remembered & Celebrated

Haydee Sedlmeier was a cherished member of our community who tirelessly supported others on their arthritis journeys.

[Read Her Story](#) →



Fun Fitness for Your Family

Take a dance break, get some air or play an exercise video game that keeps you and your family on your toes.

[Find What Fits You](#) →

Proud to Partner With Target

Our Ease of Use® team is partnering with Target to help make products and packaging easier for everyone to use.

[See What's Coming](#) →



Designed for You

Duracell Hearing Aid

Battery

[Check It Out](#) →



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